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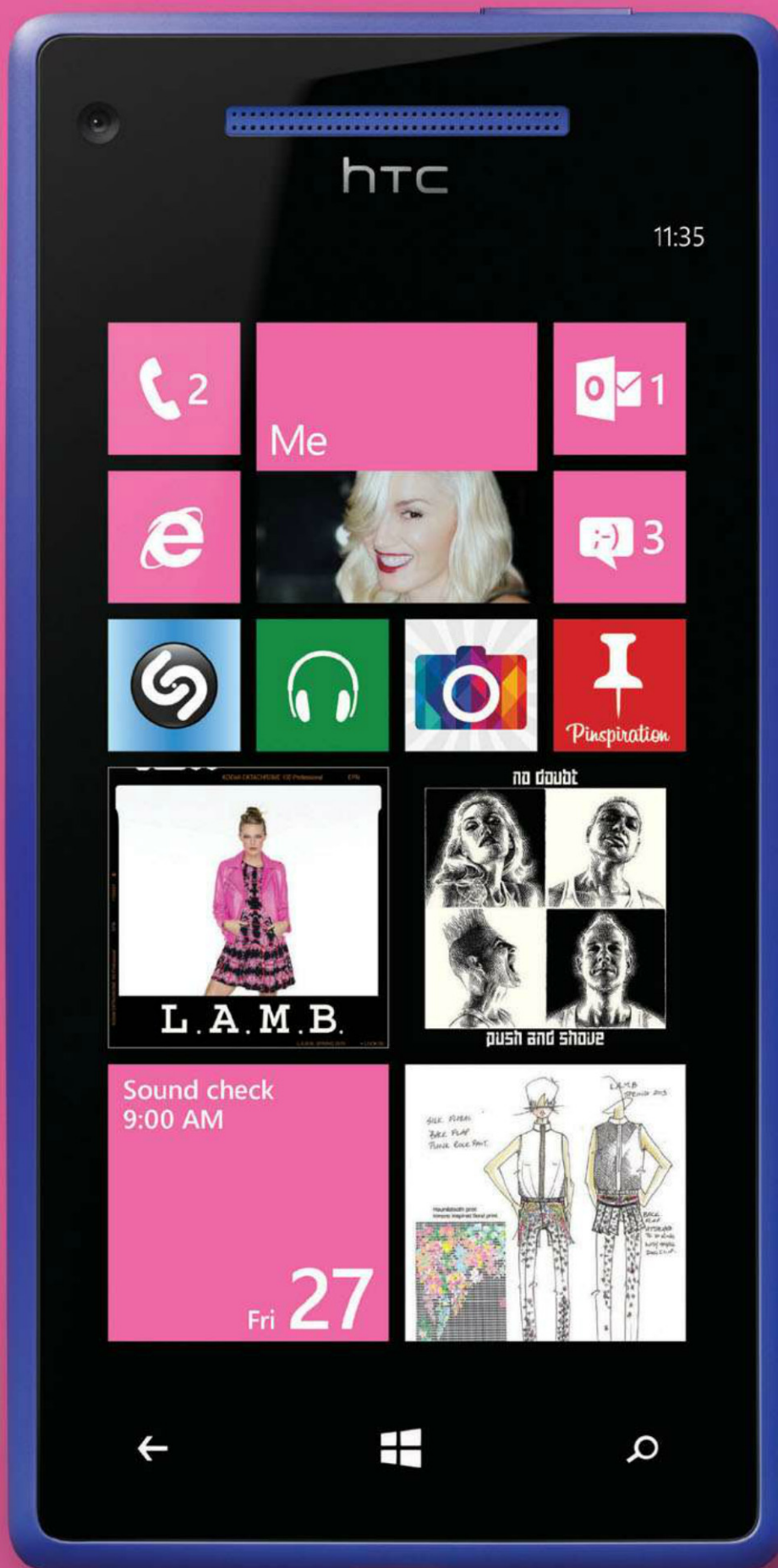


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More Carrie Underwood

Go behind the scenes of Underwood's cover shoot and check out photos and video of the singer that you'll find only on *allure.com*. Visit allure.com/go/carrie.

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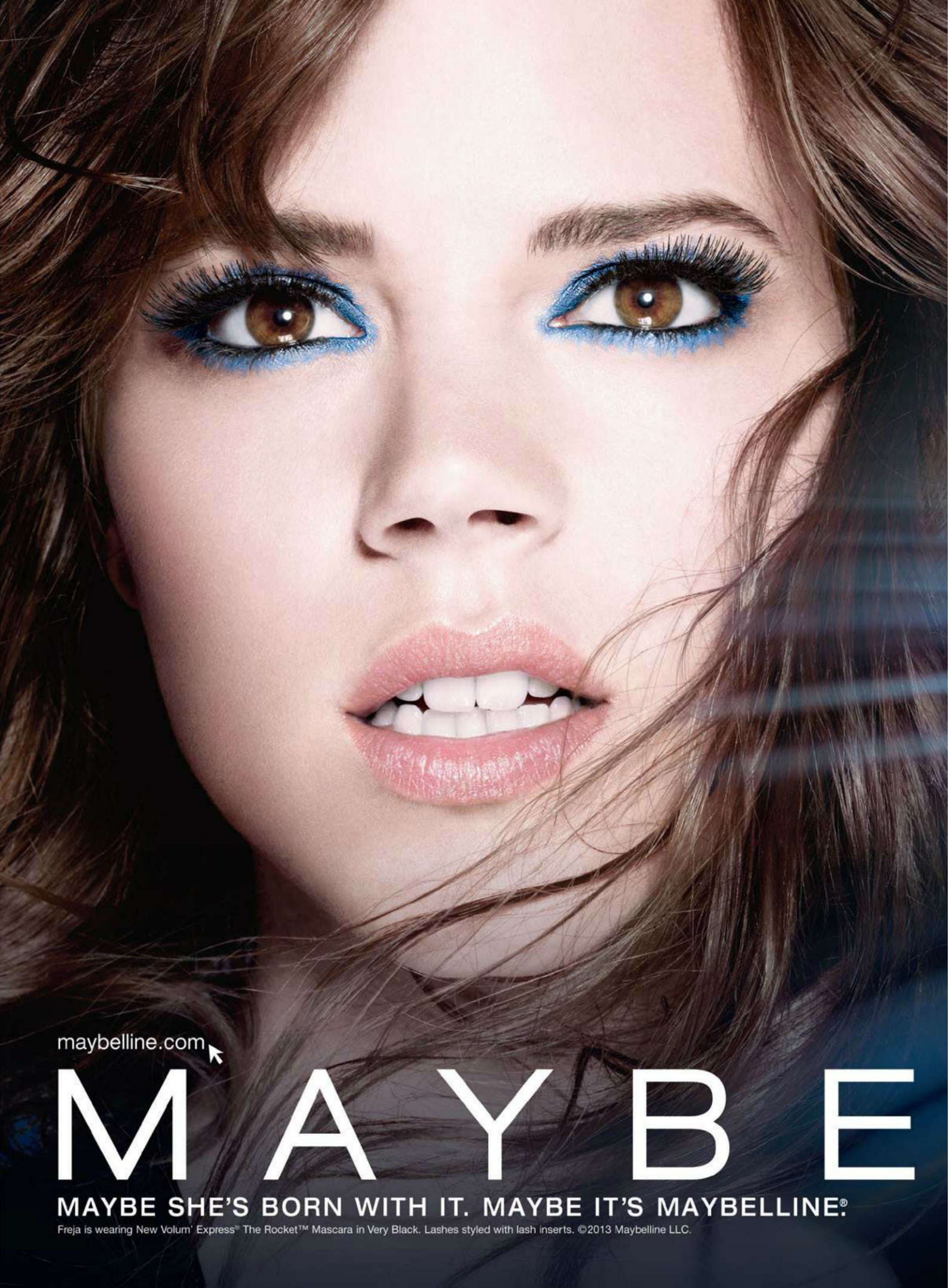
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Alexi Lubomirski

“Song of Herself” may have been shot in Carrie Underwood’s home state of Oklahoma, but Lubomirski had another location in mind as inspiration. “We were trying to capture that elegant mood of a hotel room, like the Ritz in Paris,” he says. “You’ve unpacked your Louis Vuitton luggage, your dresses are everywhere, and you’re just lounging around.” Ultimately, the photographer says that Underwood, who he deems “a natural model,” recalled another Parisian icon: “The black-and-white raincoat image is very Catherine Deneuve.”



Judy Bachrach

According to Bachrach, who interviewed Carrie Underwood for “Song of Herself,” the Grammy winner’s lyrics remind her of old-school singers, such as Kitty Wells. “I like female country singers because they are always the most honest,” she says. “They are the first ones to sing about how difficult it is to be a woman—and they would know, since they’re in an industry that’s run by men.” But that hasn’t stopped Underwood from being in control of her career. Says Bachrach, “She has a firm hold on who she is and what she wants.”



Richard Burbidge

For “Pucker Punch,” Burbidge photographed model Bette Franke in three distinct looks, including an edgy black bob with fuchsia and violet lipsticks. “I wanted to see her in different ways,” he says. “She is an exceptional beauty with classic features and a unique mouth.” Franke proved to be the perfect foil for the true star of the shoot: the vibrant, layered lip colors. “Makeup is my favorite thing to photograph,” Burbidge says. “I’ve always looked at it on other people, and what fascinates me the most is how it can transform the personality of a woman.”



Ayelet Waldman

Waldman, who wrote “The Rites of Springiness,” has spent a lifetime testing products for her curly hair, from mousse in the 1980s to her current infatuation, DevaCurl No-Poo. “My husband claims I willed myself to have the hair I always wanted,” the novelist says. Still, her hunt for the perfect deep conditioner continues: “That’s the missing piece. I am one level of compulsion away from one of those hair turbans people like. But I already wear a mouth guard when I sleep, and I can’t imagine ever getting laid again in both.”



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Greg Kadel

Minimal accessories, no clothes whatsoever: For "Curls Gone Wild," Kadel kept his focus purely on the models' tousled curls. "I was inspired by gorgeous old Irving Penn portraits," says the photographer. "To me, curly hair is an effortless statement. It can be very sexy compared to sculpted, neat hair." Of course, working with a master of curls didn't hurt: "Serge [Normant] is a legend. I feel he captured our goal of making something very natural and classically beautiful."



Mary H. K. Choi

Choi, who dissects the politics of outsourcing beauty tasks in "Overserved," may have conquered brow tweezing and waxing at home, but she still turns to the professionals for the rest of her hair. "I don't have the upper-body strength to do anything elaborate," says the *Wired* columnist. Her rare DIY attempts haven't ended well, either: "I once dyed my bangs blonde, but it just made me look like I had a receding hairline. Once I start to go gray, I'm going to have a squadron of people attending to that."



Regan Cameron

For "Leg Room," Cameron set out to show a sharper, more graphic side to shorts at the Frey House II in Palm Springs, California. "It's simply my favorite house," he says of the modernist masterpiece, which is built into a hillside overlooking the city and has a boulder from the site protruding into the bedroom. The location's blue skies and glorious weather allowed the photographer to wear his own take on the trend: "I have a favorite old pair of army cargos that are great on shoots."



David DeNicolò

Writing "Animal Attraction" was perfect for DeNicolò, who counts newspaper wedding announcements among his favorite puzzles. "I like to figure out what brought a couple together," he says. "They met while parasailing in Costa Rica? A sense of adventure." Digging deeper into the science of attraction ultimately confirmed his belief that the mating game is mysterious. "I can always fall back on that reliable catchall explanation: chemistry. And then move on to the crossword."



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Super Mario

I recently picked up my first *Allure* in ages, along with a few other magazines, at the airport. It was the December issue, with a beautiful shot of Keira Knightley on the cover. It was full of beauty ideas and tips that I can certainly use! But the biggest draw for me was when I was scanning through Mario Testino's incredible editorial: Lo and behold, there was Linda Evangelista in a corset ["What Lies Beneath"]. My mouth dropped. We're talking about fashion's legendary face, the world's greatest living (and perhaps unliving) model. For goodness' sake, give the woman a cover. She is still as stunning as ever!

Kim Miller
San Francisco



I've been reading *Allure* since its inception in 1991. I was 13 and weaning myself off *BOP*, *16*, *Teen*, etc. It soon became—and still is—my favorite magazine. So imagine my delight when I opened to page 202 of the December issue and saw Marcus Schenkenberg in "Life of the Party." Thank you for turning this 34-year-old back into a squealing schoolgirl!

Jaye Richard
Stockton, CA

I have been an *Allure* reader since high school. The article on holiday party tips was a treat! The small section entitled "Tryst Takers" was a scream and such a guilty pleasure to read. Good stuff, *Allure*. Don't give up your sense of adventure and humor.

Erin Salazar
Redding, CA

Weight Watcher

I can relate to Keira Knightley's comments about being naturally thin ["A



Rebel Heart," December]. People always have something to say about me being skinny. "Eat a burger," "Why do you work out?" "We need to fatten you up," etc. They're not always trying to be rude, but it comes off that way to me. You don't walk up to a heavy person and say, "Eat a salad" or "Skip a meal" or "You need to work out," because that's offensive. No one thinks about it the other way around. I'll always be able to eat whatever I want and not be affected by it. I do Pilates to be fit, healthy, and toned—I don't do it to lose weight. I would like to gain ten pounds, but I can't. We need to remember that people come in different shapes and sizes.

Jenny Brinkman
via Facebook

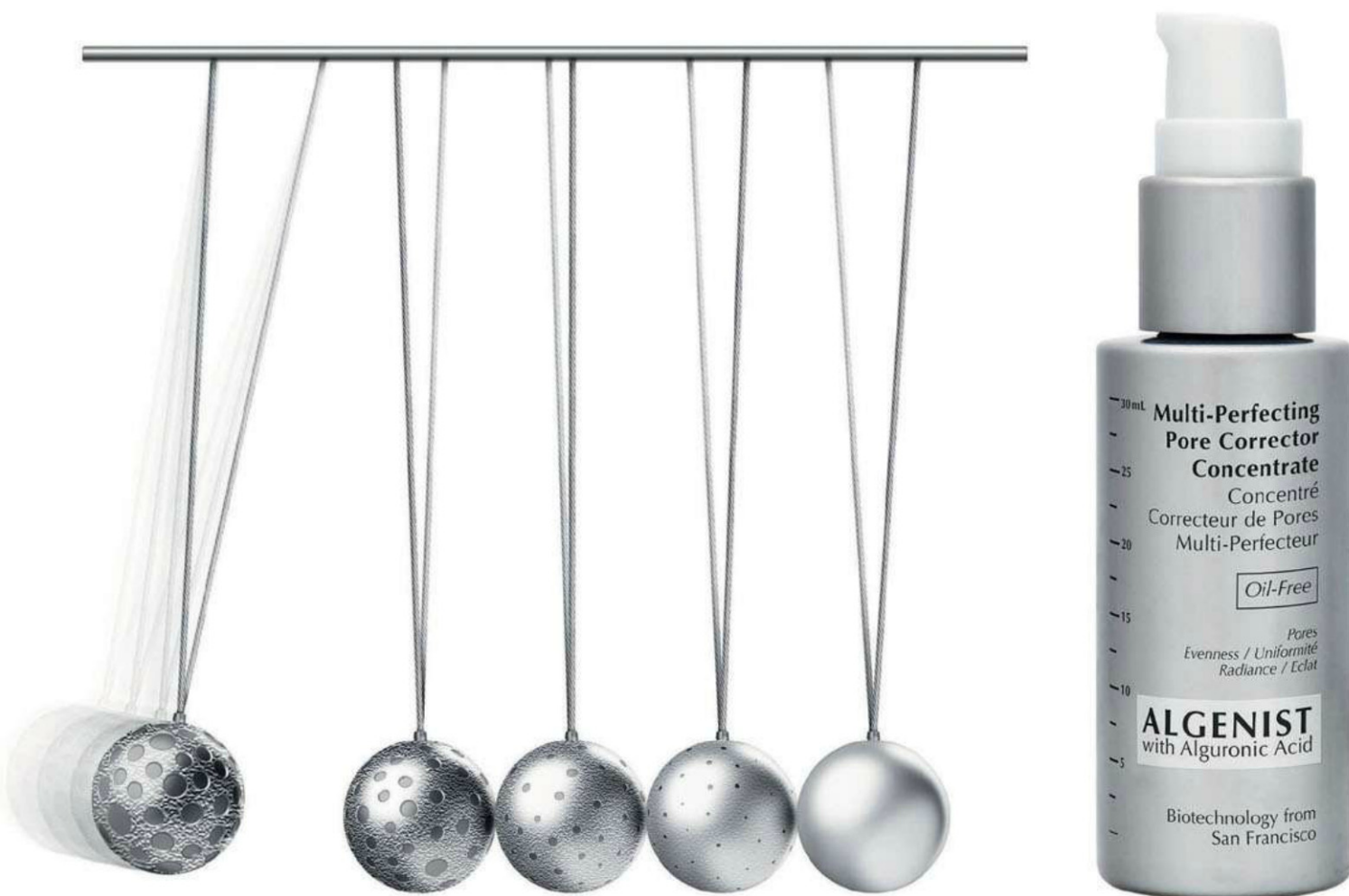
Fit Flop

In your December issue, you said "lazy" was a "personality type" ["Exercise Surprises"] and that Pilates should be a lazy person's workout of choice because it is done lying down. By definition, a lazy person is one who is not willing to work or do any activity that requires effort. It is doubtful they would engage in any workout at all, much less Pilates. In order to do Pilates, a person needs to put in a lot of effort, not only physical but mental. Pilates mat is performed lying down, for the most part; however, when done well it demands proper form and align-

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ment, recruitment of small muscles, engagement of the core, coordination between mind and body, and breathing awareness.

Lali Diaz-McDonald
San Juan

Spread the Love

I just received my very first copy of *Allure* magazine. I was pleasantly surprised to see the great, uplifting story about Tiffanie DiDonato and her struggles in "Great Lengths" [December]. Your magazine really impressed me. It had just the right mix of everything. After I re-review all of my dog-eared pages, I will donate your magazine to my gym so someone else can enjoy it!

Kimberly Timmis-Kennedy
Brentwood, CA



True Colors

I loved "Optical Illusions" by makeup artist Charlotte Tilbury in your November issue. I always look for unique and easy ways to make my eyes pop but struggle to find the right colors. When I saw your article on the best eye makeup for your eye color, I took your advice and tried Smashbox's Limitless Eye Liner in Golden Ivy, and immediately my normally dull hazel eyes brightened. This is now a part of my beauty routine for times when I really want

to make a statement. You always incorporate great beauty tips for people like me who strive to look their best. Thank you, *Allure*, for being the Beauty Expert.

Alison McCabe
North Caldwell, NJ

Fast Times

I absolutely loved your Letter From the Editor, "Fast and Furious," in the November issue. As a teenager, I know plenty about the insecurities people can face. In high school, you will always hear about so-and-so only drinking liquids or that person who swore off all carbohydrates. It is ridiculous! Self-denial at any age can be unhealthy, but it can be especially so for young girls. We have the superpower of pinpointing all of our flaws and often overlooking some of our best qualities. That is why I think the advice given in your letter is genius! You are completely right in saying that people would be much happier if they simply learned to focus on the positives. So I'm going to join you on your fast fast, and I think women of all ages would be wise to do so, too.

Christine Laible
Roseland, NJ

Oscar Wild

I love to see celebrities on the red carpet and hear what designer they are wearing. I am usually very loyal to the designers I like. But sometimes when I read the "10 Things Every Woman Should Have" article, I become sorely disappointed with my favorite designers' picks. Their suggestions for an \$800 T-shirt or an expensive summer home in Europe are unattainable for most of us. But in November you chose Oscar de la Renta as your Fashion Expert. He is a personal favorite of mine, and I was happy to see that his ten suggestions were all wonderful and down-to-earth! Thank you, *Allure*, for featuring such a great designer.

Samantha Normington
Vallejo, CA

OLAY
BODY



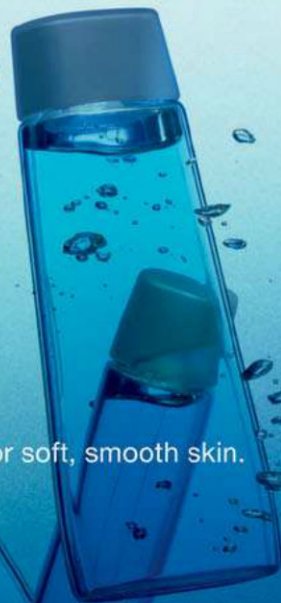
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Mail

Under the Weather

I'm sitting here eight days after Hurricane Sandy hit with no television, Internet, etc., reading my November issue of *Allure* magazine. I realized I have been reading this magazine for over 20 years, and it is still as fantastic as that first issue. There are so many interesting articles and great advice that, by candlelight, I wrote down all the makeup tricks and things I wanted to try. Keep up the amazing work and know that your magazine is timeless fun for girls at every age.

Jill Tricarico
Rye, NY

Facing the Facts

While reading the article about face blindness by Rebecca Mead ["Learning to See," November], I was thinking about what it would be like never to be able to recognize anyone: your friends, family, or celebrities. My first thought was how someone suffering from prosopagnosia could even look at a magazine or watch a movie. But then I reminded myself that my mother, who has been legally blind since birth, has always found a way to enjoy watching her favorite stars on television or reading a large-print book. I checked out faceblind.org and took the test for prosopagnosia and was shocked when I received only an 88 percent—I thought I knew every famous person's face by heart. It was an informative piece that taught me to think, take a step back, and have a new outlook on what a blessing it is to be able to identify people.

Valerie Panza
North Caldwell, NJ

What Had You Tweeting



@KPCK: Brady and Tebow are in the December issue of @Allure_magazine I love that I can read about beauty & fashion w a side of football.

Letters should be sent to *Allure*, 4 Times Square, New York, NY 10036. You can also log on to allure.com/go/mail or email us at letters@allure.com. All submissions become the property of *Allure* and will not be returned; they may be edited and may be published or otherwise used in any medium. Beauty questions can also be submitted at allure.com/go/ask-allure.



Out of the Box

After reading the November issue, I did what probably every other reader did: I ran to my computer and signed up for one of the beauty samplers (Beauty Box 5, to be exact), and then turned the magazine upside down to see if I really could distinguish the face of Lauren Conrad from any other blonde celebrity (per the article about prosopagnosia). Your magazine always elicits action from me! It's my cardio.

Audry Bresette
Sanbornton, NH

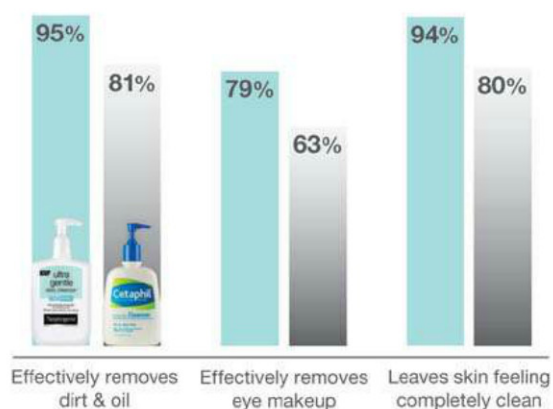
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Beauty by Numbers

Actress Lauren Bacall arrives at the 1959 royal premiere of *The Horse's Mouth* in London.

Etiquette

Abel Stevens, a nineteenth-century American clergyman, wrote that "politeness is the art of choosing among one's real thoughts." Here, a few select thoughts about etiquette. —KATE SULLIVAN

2800 B.C.

Approximate era when Egyptians began greeting each other with a handshake; because the right hand would be the one to bear a weapon, presenting an open hand was a sign of peace.

71

Socrates' age when he died, in 399 B.C. As an older man, he complained: "Our youth now...have bad manners, contempt for authority..."

1600

Year William Shakespeare's *Much Ado About Nothing* was published. It is considered one of the first English comedies of manners.

15th: Century that a book detailing Western European table manners advised never to spit out chewed food or share what you had already bitten.

1676

Year the phrase "faux pas" was first used to describe a social error; in French, it literally means "false step."

18th: Century in which the word "etiquette" was coined in France. It referred to a ticket explaining how to dress and act that was required to enter French court.

6 to 8

Number of layers of clothing Victorian women wore to conceal their bodies. Legs were considered so erotic that even saying

3

Maximum number of days houseguests should stay, according to Benjamin Franklin, who wrote in his *Poor Richard's Almanack*, "Fish and visitors stink in three days."

the word in mixed company was deemed improper. Instead, chairs and pianos were said to have "limbs."

110

Number of rules for living in society, written by a French Jesuit in the late sixteenth century, that a young George Washington copied into a list he titled "Rules of Civility and Decent Behaviour in Company and Conversation."

2nd

Rule that read: In public, "do not put your hands to any of part of the body not usually discovered."

89th: Rule that read: "Speak not evil of the absent, for it is unjust."

1: Number of months that author A. J. Jacobs tried to live by Washington's rules in 2009.

1922

Year *Emily Post* published *Etiquette in Society. She gave advice on making introductions, holding a fork, and avoiding sun freckles ("as violent as they are hideous").*

1964

Year Audrey Hepburn, playing flower seller Eliza Doolittle, learned diction by speaking with marbles in her mouth in order to impersonate a high-society debutante in *My Fair Lady*. One of her memorable lines: "The difference between a lady and a flower girl is not how she behaves, but how she is treated."

1977: Year Diana Spencer entered the Institut Alpin Videmanette, a Swiss finishing school, where she learned to arrange flowers and

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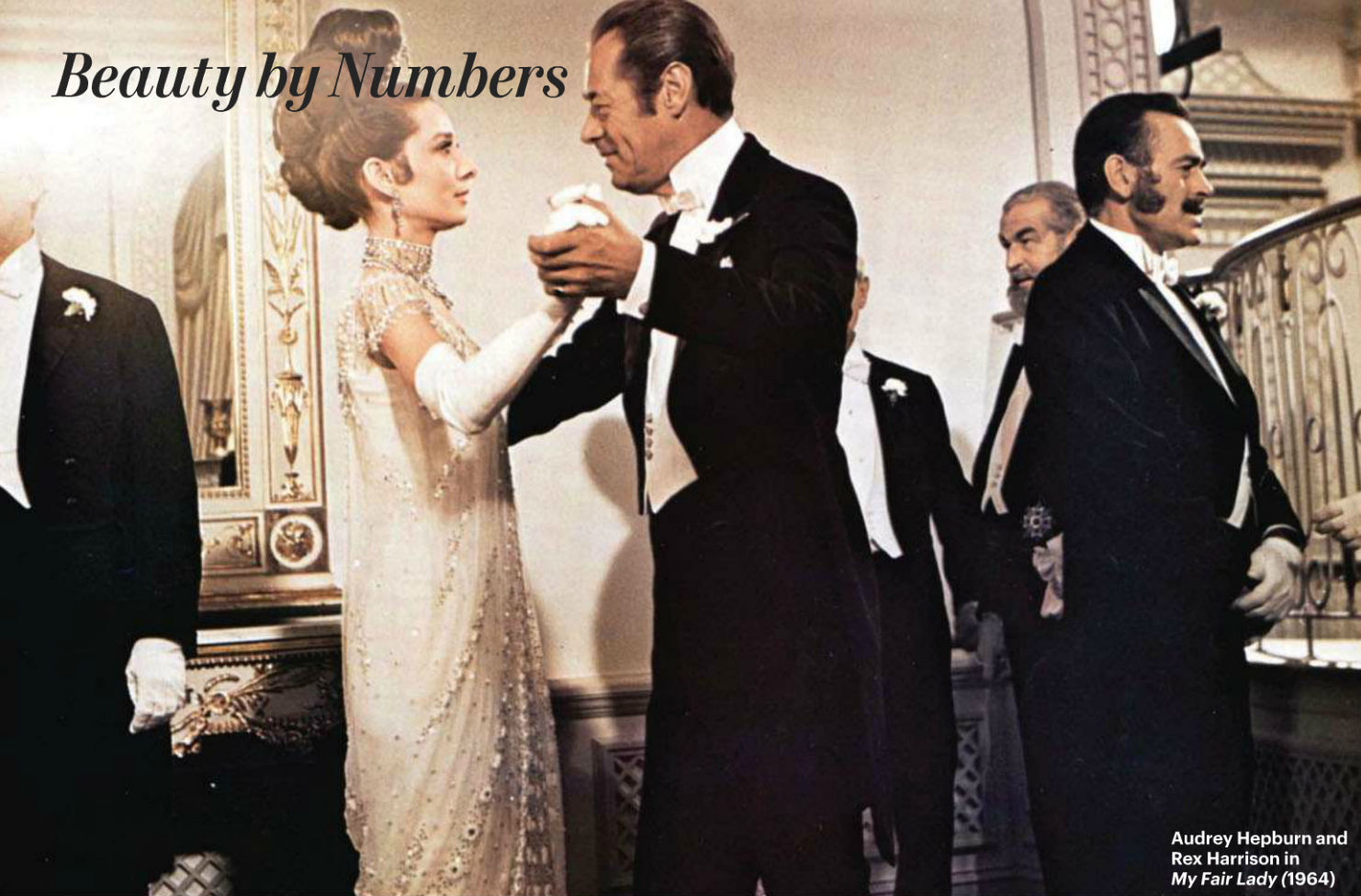


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Beauty by Numbers



Audrey Hepburn and
Rex Harrison in
My Fair Lady (1964)

0 *Number of times that etiquette dictates you should pour your own drink when socializing in Japan; you should pour drinks for others and wait for someone to do the same for you.*

compose the kind of thank-you note for which she later became famous.

\$20,100: Tuition for a six-week program at the Institut Villa Pierrefeu, the only Swiss finishing school that remains open today.

45 Number of tests the students take during their residency. Business etiquette is a part of the curriculum, but so is napkin folding.

5: Number of points the Southern Etiquette Society lists for making a proper introduction: Smile, make eye contact, shake hands, say your own first and last name, and repeat the other person's name.

27

Number of years that Judith Martin had been writing the *Miss Manners* column when she received a National Humanities Medal in 2005.

1st: Rank of “blatant greed” among Martin’s top etiquette violations. She told *Smithsonian* magazine in 2011: “Whether it is the gift registry or people who claim to be entertaining and are telling their guests to bring food, to bring drink, and sometimes even to pay, the ancient practices of exchanging presents and of giving hospitality are being undermined.”

63

Percentage of people in a 2009 online poll who said that snapping one’s fingers at a waiter was the number-one first-date faux pas.

47 Percentage of Americans who have texted or used social media during a meal.

2012: Year the Prince Charles

Cinema in London began employing volunteers in black costumes—“ninjas”—to scold patrons using their cell phones during a movie.

1992

Year Australian prime minister Paul Keating put his arm around Queen Elizabeth II during a tour of his country, breaking royal protocol and causing an uproar in the British press, who dubbed him the “Lizard of Oz.”

20: Years later that Queen Elizabeth II put her hand on First Lady Michelle Obama’s back and Obama reciprocated. A British paper called the action “touchy-feely.” The queen’s touch lasted about ten seconds.

16 Number of months that Lena Dunham dated her college boyfriend. After their breakup, his mother messaged her on Facebook, saying, “Hi, Lena—Bill and I remember you with such pleasure and fondness! But it’s time to sever the Facebook connection so I’m going to block you. We wish you all the BEST!”

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EDWARD STEICHEN, 1928



GEORGE HOYNINGEN-HUENE, 1930

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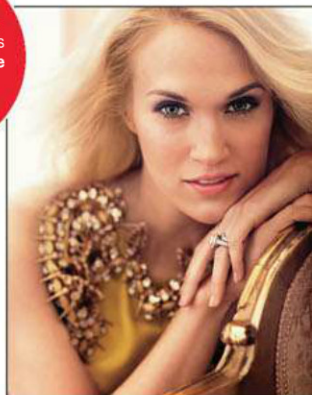


Underwood with photographer Alexi Lubomirski and hairstylist Peter Gray. Gown by Burberry Prorsum.

For a behind-the-scenes video from Underwood's shoot, go to allure.com/go/video.

Beyond The Cover

Underwood was in the middle of a tour to promote her album *Blown Away*. She also continues to be a spokeswoman for Olay.



Underwood's look can be re-created with the following:
Power Volume Collagen Mascara in Black, Infallible Eye Shadow in Bronzed Taupe, MagicSmooth Soufflé in Cherubic, and Colour Riche lip liner in Beyond Pink by L'Oréal Paris. Silk dress by Gucci. Photographed by Alexi Lubomirski. Hair: Peter Gray. Makeup: Tyron Machhausen. Manicure: Ashley Jiron. Fashion editor: Paul Cavaco. Details, see Shopping Guide.

Carrie Underwood

For her third *Allure* cover, Underwood was photographed by Alexi Lubomirski at the historic Overholser Mansion in Oklahoma City.

Burning the Candle: The night before the shoot, Underwood had performed in the city—and she rose at the crack of dawn to do radio interviews. Still, she arrived at the *Allure* shoot full of energy and with a big smile.

To the Dogs: While in hair and makeup, the animal-loving singer chatted with hairstylist Peter Gray about her rat terrier, Ace, and the Checotah Animal Shelter, in her hometown. She was wearing a pair of rat terrier-printed socks, a gift from her mother.

Cold Feet: The mansion was frigid, but Underwood wasn't fazed. She spent most of the day barefoot—until someone noticed and handed her a pair of slippers.

Veg Out: The longtime vegetarian, who recently went (mostly) vegan, dug into a salad for lunch and talked about vegan accessories.

Wild Night: When asked about her plans for the evening, she replied, "I see TV, pajamas, and slippers in my future."

—SOPHIA PANYCH

More Carrie

For Underwood's thoughts on money, marriage, and cheating, go to allure.com/go/carrie.

Hair How-to

Hairstylist Gray squirted mousse on Underwood's roots, then used a blow-dryer and a paddle brush to shape her hair. Holding a large-barrel curling iron vertically, he wound her hair into loose ringlets. He ran a wide-tooth comb through the waves, roughed up her hair, misted it with texturizing spray, and added a drop of serum on the ends to make it "lived-in and sexy."



Trench coat by Calvin Klein



Underwood was on her *Blown Away* tour when the shoot took place. Below: the Overholser Mansion.



Underwood's vegan Marc by Marc Jacobs bag



EYES

Power Volume Collagen Mascara in Black and Infallible Eye Shadow in Bronzed Taupe by L'Oréal Paris



CHEEKS

MagicSmooth Soufflé in Cherubic by L'Oréal Paris



LIPS

Colour Riche lip liner in Beyond Pink by L'Oréal Paris

Makeup Lesson

Makeup artist Tyron Machhausen went heavy on the mascara "to show off her beautiful green-hazel eyes."

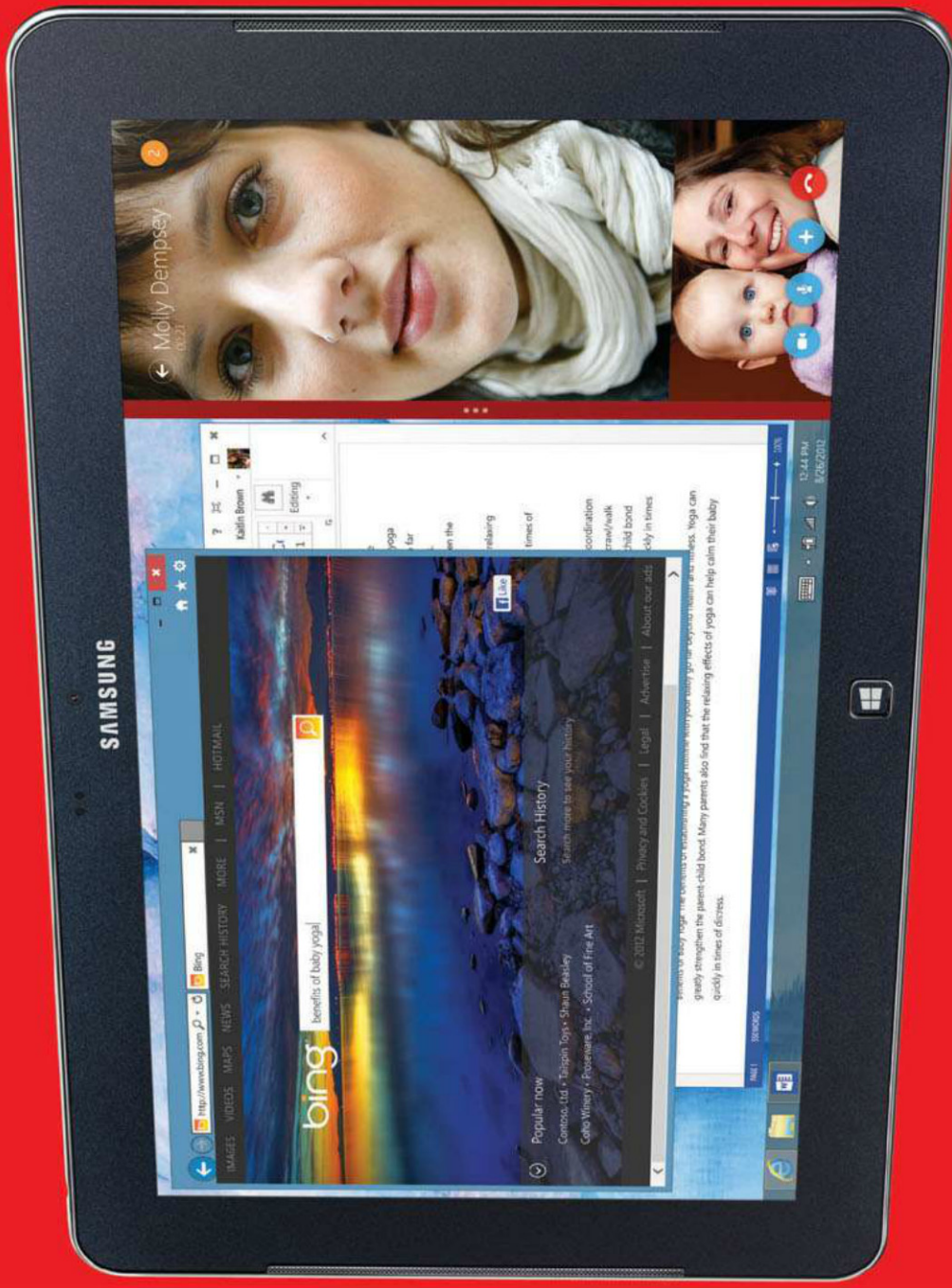
1 Machhausen lined Underwood's upper lashes with a grayish brown pencil and spread shimmery taupe shadow on her lids. He curled her lashes and swiped volumizing mascara on both the top and bottom.

2 The makeup artist added peachy pink cream blush to Underwood's cheeks.

3 Machhausen defined the singer's lips with a pink-y nude pencil and added clear gloss. "Her lips have a nice pink undertone," he said.

Multi, multi, multi-task.

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Behind the Mask

Just to give him a good scare, I emailed a photo of myself to my dermatologist. He'd blasted my face the day before with a Fraxel laser to make it smoother and less mottled and was curious about my recovery. So I put on one of those clear old-man Halloween masks that look nearly like a real face and took a picture with my iPhone. It worked! "I almost had a heart attack," he wrote back.

I sent the picture to about 20 other people, amusing myself to no end while I was confined to my apartment on laser lockdown to heal. The truth is, my face was slightly freaking me out. On day one, it looked like the time I was 15 and parked myself in front of a friend's sunlamp when I was babysitting her little brother: flaming red, hot, and swollen. My nose was a bulb. The whole thing wasn't that far off from the Halloween mask. I texted a real picture to a friend with the message "Delete!" and she replied, "I didn't look that bad when I had Fraxel." Ouch.

Every morning I woke up expecting some radiant transformation, and every morning I was greeted in the mirror with another dose of crazy. The redness confined itself to two stripes from the corners of my mouth to my chin, as if I'd ripped off a Fu Manchu mustache. The texture was strange, like fine-grade sandpaper. When it started to peel, the old skin didn't come off in sheets but flaked constantly, dandruff-y. I'd scrub it with a Clarisonic brush, coat it with half a jar of cream, and the flakes would reappear within minutes.

My doctor told me I'd be presentable on day four, but maybe he and I have a different definition of "presentable." To me, it isn't wearing Jackie O. sunglasses and a Bazooka Joe turtleneck. It isn't people saying "You look *fine*" with a pitying tone. By day five, I looked *fine*.

My faceless long weekend was an experiment in avoiding people and mirrors. In the end, I actually had a nice time. I did a radio interview from my home phone and conducted meetings by speaker like Charlie in *Charlie's Angels*. I cleaned my closets and filed a whole stack of papers dating back to 2003. On day seven, I emailed pictures of my skin, which was nearly as soft and clear as a baby's, to my dermatologist, the prince. And mercifully, people have stopped saying I look fine.



With Richard Story, editor of *Departures*, at Le Stella in Paris

Linda Wells

Linda Wells, Editor in Chief



Dior

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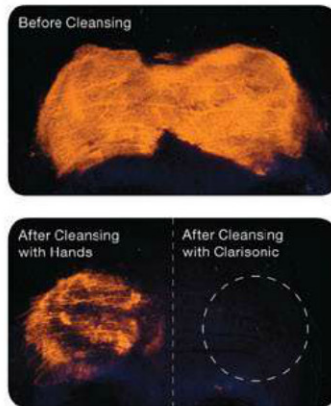
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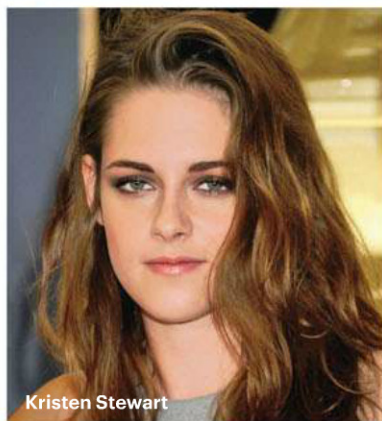
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Beauty Reporter



Doutzen Kroes



Kristen Stewart



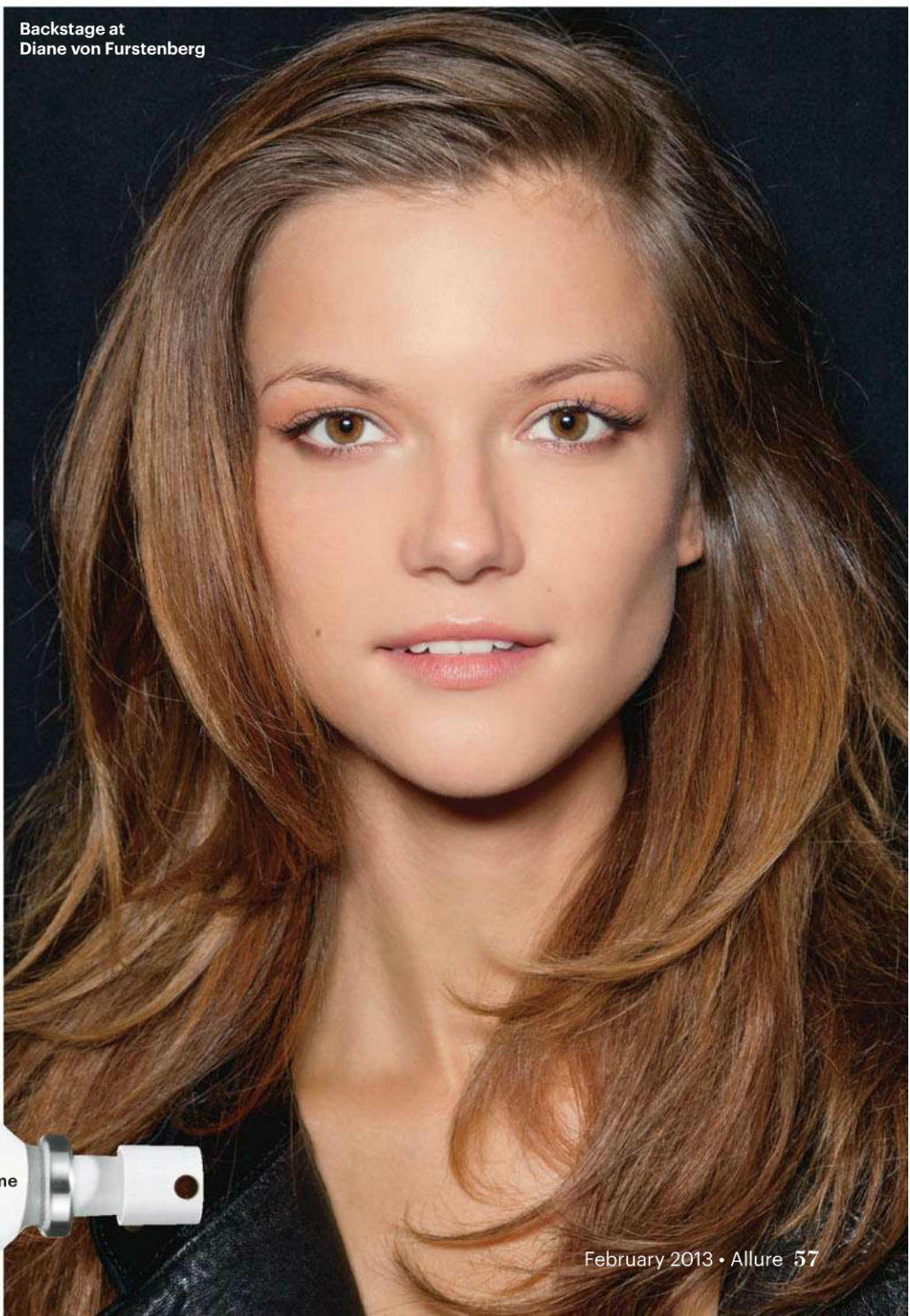
Eva Mendes

look **now** The Side Flip

The hair flip—a style that once defined the Kellys of the '90s (that would be Taylor, Bundy, and Kapowski)—has entered this era.

On the red carpet and the spring runways, there were several versions of tossed-over-the-head hair, but this time around it was messy and beachy, not crispy and overteased. The key is to add tons of volume but ditch the copious hair products and the comb for a softer, more natural, and altogether sexier look. —SOPHIA PANYCH

Backstage at
Diane von Furstenberg



GET the LOOK

Lift the hair at the top of your head, spray the roots with volumizer, blast them with hot air for a few seconds, then toss it all to one side and let it fall where it may. "Hair shouldn't be flat against your head," says hairstylist Adir Abergel, who works with **Kristen Stewart**. "You don't want it to look like a comb-over." And if it starts to look flat, just bend over, shake it out, and reflip.



CLOCKWISE FROM TOP LEFT: JAMIE MCCARTHY/GETTY IMAGES; IMAXTREE.COM; DAVID COOK; STEVE GRANITZ/WIREIMAGE; GREG DEGUIRE/WIREIMAGE



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Beauty Reporter

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With its zingy citrus scent and hydrating mix of almond milk and jojoba oil, this lightweight conditioner boosts shine—as well as our spirits. \$24.95 for 8.8 ounces; lushusa.com.



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Sensitive skin types usually avoid anything that calls itself "powerful." But this rich, retinol-free cream contains soothing ceramides to lock in moisture, while copper and calcium improve skin's tone and texture. \$50; kiehls.com.



PERRICONE MD BLUE PLASMA.

This icy blue peel tackles dead skin with an enzyme derived from salmon eggs, dissolving flakes and dull patches. It leaves your face bright—not tight—and is so mild, it can be used daily. \$95; perriconemd.com.



L'ORÉAL PARIS TRUE MATCH SUPER-BLENDABLE CRAYON CONCEALER.

This opaque cover-up gets right to the point with a chubby tip that deposits coverage just where you want it, hiding zits and undereye circles with a dab or a swipe. \$9; lorealparisusa.com.



ONLY NAIL LACQUER IN ONE NIGHT STAND.

This cherry red shade has flecks of shimmer so imperceptible, all you'll notice is the glasslike shine. \$8.50; onlybeauty.com.



JONATHAN ADLER FOR BAREMINERALS ORIGINAL SPF 15 FOUNDATION.

The interior designer is now sprucing up exteriors with this limited-edition jar (decorated with his groovy zigzag) containing a loose powder that blurs flaws. \$60; bareminerals.com.

Editors' Favorites

A pulse-revving red polish, an ultragentle peel, and a concealer that allows you to fine-tune your coverage. Get more daily favorites at allure.com.

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CONDÉ NAST



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Beauty Reporter



50%

The Ronettes
(cat-eye liner)



20%
Minnie Mouse
(cutesy polka-dot accessories)



30%
Bratz Hair
(hyperglossy strands)



allure.com BEAUTY REVIEW Suave Professionals Moroccan Infusion Styling Oil

WHAT IT IS: A serum with argan oil

WHAT IT DOES: Hydrates and adds shine to dry, frizzy hair

KEY INGREDIENTS: Moroccan argan oil and silicones (smooth the cuticle and add shine)

HOW IT FEELS/SMELLS/

LOOKS: The nongreasy gold liquid has a vanilla-and-amber scent and is paler than other argan oil formulas (which can show up in blonde hair).

WHY WE LIKE IT: "It's very good for coarse, thirsty hair," says hairstylist Nathaniel Hawkins, who suggests that everyone else lighten the formula by squeezing two drops in their palm and adding a splash of water. Our tester liked its shine-boosting powers and loved the scent so much, she dabbed it on her wrists. —CATHERINE GAMBRELL

* For more reviews, go to the Allure Beauty Product Finder: allure.com/go/product-finder.

POP TART

When the saccharine sounds of *Girls' Generation*, a nine-member Korean girl group, infiltrated our YouTube feed, we were mesmerized by the insanely catchy songs (even if we can't exactly sing along), cheerleader dance moves (which put the *Laker Girls* to shame), and uniformly wholesome looks (not a rebel in sight). Here, we deconstruct the archetypal K-pop star. —RENEE TRILIVAS

FREE STUFF

These products aren't available until next month, but they can be yours now—for nothing. The first 500 *Allure* readers to sign up at noon EST on the dates below will get one free. Log on to allure.com/go/free-stuff for details. —R. T.



FEB. 3

Schick Hydro Silk Disposables. These come three to a bag, each with five blades and a generous moisturizing strip. There's no excuse not to have a silky shave every time you shower. Switch to a new one after five uses.



FEB. 4

Redken Control Addict 28 Extra-High Hold Hairspray. This deceptively light, nonsticky mist locks even the most delicate twist in place but brushes out with just one stroke and leaves behind no flakes.



FEB. 5

Vapour Organic Beauty Mesmerize Eyeliner With Blending Tool in Truffle. Smudge this creamy pencil in a softer-than-black shade all around the eyes for an unfussy—but still sultry—smoky look.



FEB. 6

Essie Sleek Stick Collection. These tiny works of nail art last up to a week, and there's not a wacky, tacky, or outrageous pattern in the bunch. Winners will receive one of 12 designs, from glittery lilac to gold-flecked cherry.

SHOPPING GUIDE: Suave, amazon.com.

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philosophy: your eyes are the windows to your soul, not your age. see them in a new light with our innovative anti-aging eye repair, powered by high-performance retinoid technology. gently but effectively de-age the look of your eyes with results* that are nothing short of miraculous: in just 1 week, 88% of women evaluated showed diminished under-eye bags; in 2 weeks, 93% improved their dark circles; in 4 weeks, 82% demonstrated significant reduction in the look of wrinkles. let your eyes reflect your ageless beauty.



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Smell
THIS

Italian Stallion

Designer Roberto Cavalli isn't known for subtlety (read: animal-print everything). But his new scent, *Just Cavalli*, with neroli and tiare flower, is surprisingly understated. Three fragrance experts weigh in. —ALEXANDRA OWENS



"There is a real delicateness at the end, like light orange blossom without the greenness—just the softness of the flower."

—Laurent Delafon, cofounder, United Perfumes



"This is an updated version of the retro big white floral scent. It's really creamy and woody."

—Paul Austin, CEO, Austin Advisory Group



"I like the balance between the floral and the oriental. In the beginning it's strong, but not overpowering."

—Sheherazade Chamlou, VP of sales and marketing, SGD North America

BRIGHTS IDEA

Ziggy Stardust eye shadows, lip gloss so vibrant it could stop traffic, a blue mascara that actually looks blue on your lashes—makeup this bright is common at fashion shows, but not so much at your local beauty counter. Now Bellápierre, a mineral-makeup line from the U.K. that's newly available here, offers color kits that include pigments in a rainbow of high-wattage hues plus clear lip, eye, and nail bases so you can mix your own shades. A few pointers: The colors are intended to be intense, so for a refined result, use a very light hand; mixing can be messy, so work over a paper towel; and always clean your brushes with makeup remover between pigments to prevent everything from turning muddy. Pot of gold sold separately. —CATHERINE Q. O'NEILL

50%

of women say they feel sexier the moment they apply eye makeup.

—ALLURE.COM POLL

THE SCOOP

Grow Getter



THE NEWS: Elizabeth Arden partnered with Miami's Bascom-Palmer Eye Institute to develop PreVage Clinical Lash + Brow Enhancing Serum. Their joint study posted impressive results: 70 percent of participants experienced denser, silkier lashes and fuller brows after six weeks of daily use; 100 percent reported improvements after the full 16 weeks.

HOW IT WORKS: Sweep the clear serum, spiked with peptides and vitamins A, E, and C, along the base of the lashes or on sparse areas of the brows using the microfne brush. The complex is said to augment the natural growth cycle of the hair follicle. The formula also contains fortifying conditioners and botanical extracts to prevent breakage and improve hair flexibility.

THE VERDICT: "The full study hasn't been released yet, but their synopsis shows impressive results in regard to length, density, and thickness of the lashes," says ophthalmologist Marguerite McDonald. "Most notably, though, there's no concern about iris darkening as there is with prostaglandin-based lash serums."

—HANNAH MORRILL



SHOPPING GUIDE: Bellápierre, bellapierre.com. Elizabeth Arden, elizabetharden.com. Roberto Cavalli, macys.com.



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MAYBE SHE'S BORN WITH IT. MAYBE IT'S MAYBELLINE.

Kemp is wearing Dream Fresh BB™ Cream in Light. ©2013 Maybelline LLC.

Cobalt Nails

It's physically impossible to look at shiny cobalt blue nails and not be completely hypnotized. OK, by "physically impossible" maybe we mean "it happened to us recently," but you see our point. Deep, inky polish is as intoxicating as nail color gets: It's sexy, sophisticated (as long as your nails are short), and you're never totally sure if you're looking at black or blue. **RGB nail polish in Cobalt** (top) has a moody quality that brings to mind a stormy sea. **OPI Nail Lacquer in OPI...Eurso Euro** (center) is like the night sky, but with a darker edge. And **Jinsoon's** deeply saturated **Blue Iris** (bottom) is the perfect bridge between the cool grays of winter and the revved-up brights of spring. We dare you to look away. —LEXI NOVAK

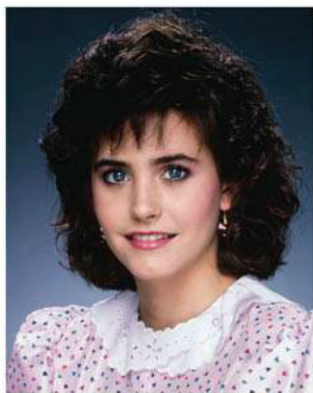
TIP

A shade this intense looks best with a high-gloss topcoat. Reapply a formula such as *Essie Let It Shine Top Coat* every two days to maintain the shine.

BEAUTY EVOLUTION

COURTENEY COX

Cox never got "the Monica," but the former *Friends* star still has her own hair milestones. The new spokeswoman for Pantene walks us through the high (and low) lights. —CATHERINE Q. O'NEILL



Senior year, 1983

"I was obsessed with getting perms all through high school. I had straight hair, and you always want what you don't have. The best hair here is my eyebrows."



Filming the "Dancing in the Dark" video with Bruce Springsteen, 1984

"*Tiger Beat* magazine did a makeover on me, and they cut my hair. I hated it. I looked like a little boy. I'm wearing a muscle T-shirt, and now I understand why they call them muscle T-shirts. I look like I could kick Bruce's ass."



Publicity photo, 1996

"It was done by Chris [McMillan, also Jennifer Aniston's stylist]. It does look a little like 'the Rachel.' I changed my hair so much when I was on *Friends*."



MTV Movie Awards, 1997

"This was done strictly for *Scream*, to play Gale Weathers. I don't think that red is my thing. That character is pretty over the top and a little tacky, so I think I definitely accomplished that."



Golden Globes, 2003

"My mom always said to me, 'You can't have long hair at a certain age.' But I think long-haired women look good. I hope it's not dragging me down and nobody is telling me."



Golden Globes, 2010

"Chris [McMillan] did my hair in three minutes. He slapped it into a ponytail. It was my favorite hairdo of any awards show by far. It was messy and sexy—and I didn't worry about it the whole night."



Hollywood fund-raiser, 2012

"As women age, it's better to keep it as natural as possible. I struggled with my hair—I didn't do well by it for many, many years. I think I look a thousand times better now than I ever have."

SHOPPING GUIDE: *Essie*, essie.com. *Jinsoon*, spacenk.com. *OPI*, opi.com for salons. *RGB*, rgbcosmetics.com.

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Featured Shade: Red My Lips

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Every decade or so, there is a beauty breakthrough that revolutionizes the way we take care of our skin. But rarely does a product ever address and help to reverse the actual cause of droopy eyelids, saggy face and the noticeable creases that form as we age. That is, until the team at Serious Skincare® discovered the biggest beauty breakthrough EVER with their FDA-cleared **MICROCURRENT+ Facial Toning System**. For the past 22 years, leading beauty experts at Serious Skincare® have been dedicated to developing high quality, affordable age-defying products to help skin look healthy and youthful.

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The **MICROCURRENT+ Facial Toning System** uses microcurrent+ muscle stimulation to gently contract and release the muscles in the face, safely lifting and toning the foundation of your face. Similar to how a personal trainer would sculpt your muscles at the gym, the **MICROCURRENT+** exercises and tones the muscles of your face to provide a healthy foundation for your skin. With a stimulated and toned foundation, you'll be able to maximize the age defying benefits of your current skincare creams and serums.

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Before

After 1 Treatment!



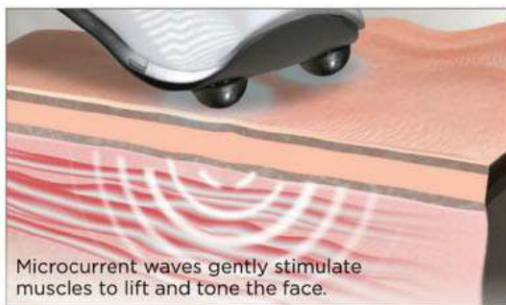
JOWLS AND NECK

Before

After 1 Treatment!



Imagine a smooth, lifted appearance without the danger and cost of injectables or surgery! These revitalizing effects are cumulative and get better over time, as you tone and lift your facial muscles back into place. Face it, it took more than a day for gravity and time to pull your face downward. Serious Skincare® is so sure you'll love the benefits of the **MICROCURRENT+** — simply use as recommended for 30 days and see your face and neck rise or get your money back! It's that easy!



Microcurrent waves gently stimulate muscles to lift and tone the face.

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Electrical muscle stimulation can be traced back to the 18th Century. What began as a science experiment developed into medical studies that proved muscles respond to electrical stimulation. By the 20th Century, doctors used this technology in experimental treatment of skin, bone and muscle growth and healing wounds. According to the Journal of the Advancement in Medicine, microcurrent stimulation works because of its ability to stimulate cellular physiology and growth. This technology has now been harnessed and adapted to a beauty treatment that helps lift, tone and contour the muscles of the face.

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Healthy Hair

Everyone wants it. No one, with the possible exception of Eva Mendes, *really* has it. No, we're not talking about Ryan Gosling. (Though that would be nice, too.) We're talking about healthy hair. The kind you had when you were five. It was perma-smooth, -shiny, and -all good adjectives. But once you color, blow-dry, flatiron, and grow past middle school,

your hair starts doing things like frizzing and fraying. "You don't have to sacrifice your blowouts or highlights in order to have healthy hair—it's all in how you care for it," says hairstylist Nathaniel Hawkins. "Even more importantly, taking care of your hair is an easy way to look younger." So study up on the right way to wash (yes, there is one), style, and treat your hair. Then take your glossy self to see *Gangster Squad*. —ELIZABETH SIEGEL

Shampoo and Condition

You know not to lather, rinse, repeat. You know not to shampoo every day. But unless you're a professional hairstylist, you're probably still washing your hair the wrong way.

1 Look at how much shampoo you're using. Now cut that in half. You should use a quarter-size amount. "Shampoo removes all of the dirt and oil from your hair, then it starts stripping away essential oils and lipids that prevent dryness and breakage," says Hawkins. Shampoos labeled moisturizing, curl-enhancing, or color-protecting are relatively kind.

2 Do not vigorously massage your shampoo. That roughs up the cuticle, causing frizz, flyaways, and minuscule tangles. Rub your shampoo between your hands, gently massage the roots with your fingertips, and smooth what's left on your palms over the length.

3 Rinse (duh), but don't condition just yet. Give your hair a few gentle squeezes first, since "excess water dilutes your conditioner and prevents hair from soaking up moisturizing ingredients," says Hawkins.

4 Now condition. Use a moisturizing or color-protecting formula (ones with argan, avocado, or grape-seed oil are especially hydrating). "Apply it generously in long, fluid motions," says Hawkins. Wait two minutes before rinsing. It takes that long for conditioners to adhere to the hair.

5 Water, and the chlorine and minerals in it, fade color. And hot water fades color faster. Get a filter for your showerhead or turn the temperature down when rinsing your hair, and your color will look fresh longer.

At-Home Treatments

The basics: Coat your hair with deep conditioner from the midshaft down. Make sure you apply it in the shower so all the conditioning ingredients can sink in. If your hair is *really* damaged (you know who you are), leave the mask on after your shower. Wrap your hair in a towel for ten minutes, then rinse.

If you have fine hair: Skip thick masks with oils or silicone. Instead, use a deep conditioner with volume-boosting protein, like **Nioxin Intensive Therapy Deep Repair Hair Masque** or **Dove Damage Therapy Conditioner** (nioxin.com; Dove, target.com).

If you have medium to thick hair: Look for products with essential oils, like avocado, argan, coconut, or sunflower, or keratin. Try **L'Oréal Professionnel Mythic Oil Nourishing Masque** or **John Frieda Full Repair Hydrate + Rescue Deep Conditioner** (lpsalons.com; John Frieda, drugstore.com).

If you have coarse hair: In the morning, use a dollop of a pure oil, like **Josie Maran Argan Oil**, to soften the ends and top layer, says Potempa. Once a week, use a dense mask with a rich emollient such as shea butter. Try **Clear Scalp & Hair Beauty Therapy Ultra Shea Deep Nourishing Mask** (Josie Maran, sephora.com; Clear Scalp & Hair Beauty Therapy, target.com).

If you have color-treated hair: "If you color your hair, you should be using keratin treatments to strengthen it," says Fusco. Add a dropperful of protein-rich **KeratinEarth Versaplex Infusion** to your deep conditioner. "If your hair is really brittle, hot-oil treatments like **VO5's** will weigh down flyaways better than a mask," adds Hawkins (keratinearth.com; vo5haircare.com).

How to Style

What to always—and never, ever—do to keep hair in top shape.

• **Always: Use heat-protectant spray.** It prevents frizz, flyaways, split ends, breakage, and dullness, says hairstylist Oscar Blandi of the Oscar Blandi Salon in New York City. Try **L'Oréal Paris Color Vibrancy Dual Protect Spray**, which contains light reflectors to add shine (drugstore.com).

• **Always: Choose tools wisely.** Detangle with a wide-tooth rubber comb (like one by **Beuy Pro**) and style with a boar-bristle brush. Pick an ionic blow-dryer with 2,000 watts, a ceramic iron, or keratin-infused tools, like those from **Remington Keratin Therapy** (Beuy Pro, btypros.com; remingtonproducts.com).

• **Always: Take the nozzle off your blow-dryer.** Point it down, says hairstylist Sarah Potempa. "The heat will be more diffused."

• **Never: Manhandle wet hair.** If you tug on it, tease it, tie it up with an elastic, sleep on it, or comb it, wet hair will likely break. Wait a few minutes after showering before detangling.

• **Never: Obsessively flatiron.** Set your iron to less than 400 degrees, or try **Coolway AutoSense Styler**, a flatiron that straightens without exceeding 300 degrees (coolwayhair.com).

• **Never: Neglect your scalp.** "Treatments with almond, sunflower, or coconut oil help hair grow in healthier," says dermatologist Francesca Fusco. Try **Clear Scalp & Hair Beauty Therapy Damage & Color Repair Deep Nourishing Treatment** (target.com).

• **Never: Skip sunscreen.** Believe it or not, 100 hours of direct sunlight is as damaging as having straight bleach on your hair for 30 minutes. Mist on a spray with SPF, like **Garnier Fructis Style UV Color Shield Anti-Humidity Hairspray** (garnierusa.com).

Treating Damaged Hair

1 Breakage. The pros agree the best thing you can do to prevent future damage is use a heat protectant when blow-drying. Coax any flyaways down with two shots of lightweight hair spray. "First aim it at the hair in the direction you want it to lie," says Hawkins. "Then spritz it on a paddle brush and use that to smooth the hair down."

2 Flakes. Quick quiz: Do you only see flakes in the winter? You've got a dry scalp. Use a moisturizing shampoo, and put conditioner right on your scalp for five minutes each week. Do you use styling products like volumizer on your roots every day? Scrub away the residue weekly with a tablespoon of sugar or clarifying shampoo. Do you have flakes and no clue why? Use an anti-dandruff shampoo, like **Head & Shoulders Damage Rescue**, twice a week (walmart.com).

3 Split ends. Stop putting off your next cut—every eight to ten weeks is the rule, says Blandi. And again, if you own a blow-dryer, you must own a heat-protectant spray. Heat causes and exacerbates split ends. **Tresemmé Split Remedy** and **Nexus Salon Hair Care ProMend** conditioners and serums temporarily glue split ends together (tresemme.com; nexus.com).

4 Zero shine. This one is surprising: "The most common cause is shampoo residue," says Fusco, who recommends rinsing out your shampoo for a minute longer than you normally would. Then boost your shine with an at-home glaze, like **Oscar Blandi At Home Salon Glaze Shine Rinse** (oscarblandi.com).

LOVE YOUR COLOR, LONGER



MYTH: Washing colored hair daily causes color to fade faster.

FACT: The **NEW Dove Color Care Daily Treatment Conditioner** deeply nourishes hair to keep color vibrant for up to 8 weeks.*

- Healthy, nourished hair retains and reveals color better
- Can be used daily instead of your regular conditioner

FOR BEST RESULTS:

Apply from roots to ends, leave on 1 minute, rinse.

dove.com

*Shampoo and Conditioner or Shampoo and Daily Treatment Conditioner systems vs. non-conditioning shampoo

PART WAYS WITH AGING HAIR



MYTH: Women with aging hair can't use highly nourishing oils and serums because they weigh hair down and reduce volume.

FACT: Rebuild hair's strength while making hair look more youthful, vibrant, and radiant in just 7 days* with **Nexxus Youth Renewal Rejuvenating Elixir**.

- Lightweight leave-in formula gives hair strength, manageability, and volume
- Contains vital oils and conditioners and helps rebuild strength by reducing breakage and protects against frizz to maintain beautiful hair

FOR BEST RESULTS:

Squeeze 3 to 4 drops into palm, rub hands together, and smooth onto dry or damp hair. Don't rinse. Style as usual.

nexus.com

*Based on breakage due to combing versus non-conditioning shampoo

PREVENT FUTURE DAMAGE

MYTH: Hair masks always leave locks heavy, limp, and over-moisturized.

FACT: Say goodbye to bad hair days and welcome strong, beautiful hair from roots to tips with **NEW Clear Scalp & Hair Beauty Therapy™ Damage & Color Repair Deep Nourishing Treatment Mask**.

- Makes your mane up to 95% more resistant to damage*
- Use in combination with the complete **Clear Scalp & Hair Beauty Therapy™** collection, because 99% of hair's strength and beauty comes from the scalp. FEED SCALP.** FEED BEAUTY.

FOR BEST RESULTS:

At least once a week, apply to scalp and hair, leave in 3 minutes, rinse.

facebook.com/clearhaircare



RESTORE YOUR HAIR'S HEALTH

MYTH: Heat-protection sprays alone will rescue hair from damage.

FACT: **Tresemme Platinum Strength Deep Conditioning Treatment** restores and conditions frazzled, overheated hair.

- Repairs up to 2 years of damage in just 5 uses*
- Contains protective Renewing Complex to guard strands from future damage

FOR BEST RESULTS:

Apply from mid-length to ends, detangle with a comb or fingers, and let sit for 3 to 4 minutes before rinsing.

tresemme.com



*In 5 uses when used with Shampoo and Deep Conditioning Treatment versus non-conditioning shampoo

*Refers to visible signs of damage

**Refers to stratum corneum

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BEAUTIFUL HAIR, DEMYSTIFIED

Did you know that conditioners, serums, and treatments can help you achieve improved manageability, shine, and luster? And you don't have to choose just one. Great results are at your fingertips when you use multiple products together. Check out the four hair care options at left—along with the 2012 Allure Best of Beauty winners below—and discover healthy-looking, prize-worthy hair that turns heads.



**BEST CONDITIONER
FOR NORMAL HAIR**
Clear Scalp & Hair
Beauty Therapy™
Total Care Nourishing
Conditioner



**BEST TREATMENT
FOR AFRICAN-
AMERICAN HAIR**
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**BEST BEAUTY
BREAKTHROUGH**
Nexus Pro Mend Split
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**BEST BEAUTY
BREAKTHROUGH**
Tresemmé Split
Remedy split-end
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“my **sleek sticks** nail chic style.” *Essie*

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on me



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Marina Larroude
in Paris

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Fashion Bulletin



DKNY JEANS
polyester pants,
\$90, at Lord &
Taylor stores.



**KARA BY KARA
ROSS**
gold-plate-and-
python cuff,
\$295 (saks.com).



ERDEM
silk-and-python
jacket, \$6,480
(net-a-porter.com).



REED KRAKOFF
painted-python
skirt, \$3,490
(reedkrakoff.com).



Lady Gaga
in a Versace
dress



**10 CROSBY
DEREK LAM**
jersey cotton
dress, \$295
(shopbop.com).

Year of the Snake

By Siobhan Bonnouvrier

Snakeskin has tempted us since the days of Adam and Eve. This season, designers sent it slithering down runways in vivid shades: Gucci created a rainbow of reptilian coats and tunics in chartreuse, pink, and bright teal. Reed Krakoff's beige pencil skirt laced with coral scales was the antivenom for boredom. And at Proenza Schouler, serpentine prints, eelskin, and leather became unique patchwork pieces. Those who are once bitten, twice shy can show some skin in bags, belts, and shoes.

PIERRE HARDY
watersnake shoes,
\$1,585
(pierrehardy.com).



MICHAEL KORS
python skirt, \$5,995,
at select Michael
Kors stores.



BCBG MAX AZRIA
polyester pants,
\$197 (bcbg.com).



GUCCI
Jacquard
cloqué dress,
\$2,250
(gucci.com).



TOMMY HILFINGER
leather bag,
\$298, at Tommy
Hilfinger, N.Y.C.
(212-223-1824).



Gucci
Jacquard cloqué
jacket and skirt,
metal-and-resin
necklace, and
patent-leather
shoes



**PROENZA
SCHOUER**
jersey top, \$280,
at Proenza
Schouler, N.Y.C.
(212-585-3200).



CLOCKWISE FROM TOP LEFT: PHIL OH/STREETPEEPER.COM; JIMMY/FAME PICTURES; FAIRCHILD ARCHIVE; DAVID COOK (STILL LIVES)

Rainbow Room

Juicy, bright, borderline-brazen colors saturate basics this spring.



LUST
GUCCI
silk top, \$1,795,
at select
Gucci stores.



MUST
CALVIN KLEIN
polyester spandex
shirt, \$59.50,
at Macy's stores.



LUST
FENDI
silk jumpsuit,
\$1,990, at
Fendi, N.Y.C.
(212-759-4646).



MUST
MANGO
viscose dress,
\$39.99
(mango.com).



LUST
LELE SADOUGHI
enamel-and-metal
bracelet, \$310
(telesadoughi.com).



MUST
SEQUIN
gold-plate-resin-and-
crystal bracelet,
\$178 (sequin-nyc.com).



LUST
CHARLOTTE OLYMPIA
crepe de Chine heels,
\$945, at Charlotte Olympia,
N.Y.C. (212-744-1842).



MUST
BCBGENERATION
suede heels, \$98, at
BCBGeneration stores.



LUST
BURBERRY PRORSUM
silk satin trench
coat, \$2,995
(burberry.com).



MUST
BANANA REPUBLIC
cotton trench
coat, \$175
(bananarepublic.com).



LUST
CHANEL
leather bag, \$3,700, at
select Chanel stores.



MUST
TORY BURCH
leather bag, \$365, at
Bloomingdale's stores.



Chanel
Spring
2013



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COVERGIRL WINNING STYLE

Congratulations to Minza K. from Austin, TX, winner of COVERGIRL's "Best Face Forward" contest, which challenged readers to re-create a look featured in the "Style Mixologist" ad in September Allure. Minza—whose winning photo is above—went for the sexy cat eyes portrayed in "Runway Style." Her prize is \$500 in COVERGIRL products and \$500 worth of fashion accessories from Allure. Check out COVERGIRL products and beauty tips on facebook.com/COVERGIRL.

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JIL SANDER
leather bag,
\$1,310, at Saks Fifth
Avenue stores.

MIU MIU
leather satchel,
\$1,450
(miumiu.com).

MAX MARA
leather bag, \$895,
at Max Mara, N.Y.C.
(212-879-6100).

**PROENZA
SCHOUER**
leather bag,
\$1,575, at
Proenza Schouler,
N.Y.C. (212-
585-3200).

BCBG MAX AZRIA
leather satchel,
\$528, at BCBG Max
Azria stores.

BOTTEGA VENETA
leather satchel,
\$2,650, at Bottega
Veneta stores.

Right Angles

*These bags have the crisp,
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with added pizzazz.*

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**Keratin Smooth Shampoo vs. TRESemmé Smooth & Silky Shampoo

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ETRO
goatskin shoes,
\$600, at Etro, N.Y.C.
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leather pumps, \$790,
at Dior stores.



SIGERSON MORRISON
patent-leather
shoes, \$495
(sigersonmorrison.com).



PROENZA SCHOULER
leather sandals,
\$1,895, at Proenza
Schouler, N.Y.C.
(212-585-3200).



FENDI
leather-and-Lucite
shoes, \$1,330,
at Fendi, N.Y.C.
(212-759-4646).



BURBERRY PRORSUM
python shoes, \$995
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MARC JACOBS
crocodile-and-leather
bag, \$5,195, at
Marc Jacobs, Las Vegas
(702-369-2007).

Acid Test

Marc Jacobs's Venetia bag dates back to his first accessories collection, when the inspiration was a doctor's satchel and the pockets and hardware were chunky. This trimmer version is more exotic—all supple calfskin with acid-green crocodile bands and straps—and as buff as a girl in a bikini. The leather has been washed and ironed for a soft, naked effect that will age gracefully over time. As would any classic beauty. —FRANCES LITTLE

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Insiders' Guide

Advice from the experts on how to decorate your home stylishly and host a wine tasting, plus confessions of a high-end jeweler.



How to Adjust Your Skin Care When You Travel

An Interview With Ellen Marmur

Marmur is an associate clinical professor of dermatology at Mount Sinai Medical Center in New York City.

Your skin is intimately connected to the environment, so going to a new climate throws off its natural moisture levels. You always need to give your skin a few days to readjust, but there are steps you can take and products you can pack to minimize any trouble.

Prepare yourself. Regardless of where you're traveling, start using the products you'll be taking with you three days before you leave, to acclimate your skin. Tone down drying or

potentially irritating ingredients, like alpha hydroxy acids or retinols; wash with sulfate-free soap; and load up on creams and serums rich in emollients so your skin is well hydrated. Also,

avoid unnecessary irritation, like peels and resurfacing treatments. Think of it as an elimination diet for your face.

At the beach. By nature, our skin loves humidity—when we're relaxing in the shade. The reality is that most of us are in and out of the water, both salt and chlorine, and washing off SPF with an extra shower before dinner—a regimen that's tough on the skin barrier. This means it's important to bring a gentle, milky cleanser that won't strip lipids from the skin; try Olay Foaming Facewash. And if you're on the oily side, pack a gel sunscreen, such as BullFrog Gel Sunblock. The alcohol in these formulas reduces oil.

In the mountains. The most important thing you can do is protect yourself while you're outside. I recommend mineral sunscreens because in addition to blocking UV rays, they also block the elements. Keep a tube of Aquaphor in your coat to create a protective layer on lips and cheeks in case of harsh winds. At night, slather on a rich, creamy moisturizer, and if you're using a brightener or dark-spot remover, stick with it. The sun is intense at altitude and causes hyperpigmentation in a short amount of time.

In the desert. This climate won't throw off your skin too badly. What's key is staying hydrated without using heavy creams. Serums are the perfect weight in high temperatures, so choose one with nourishing ingredients, like algae derivatives, hyaluronic acid, or glycerol. During the day, don't forget to top it with sunscreen, and avoid applying too many anti-aging ingredients in the morning—leave those for bedtime.

—INTERVIEW BY SOPHIA PANYCH

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They promised results
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-RASMI R.

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-KELLIELEIGH04

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than some of the higher-
end shampoos and
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-VONNIE

"I tried this awesome
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-ELENA B.

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How to Add Style to Your Home

An Interview With Nate Berkus

*Berkus is an interior designer and the author of *The Things That Matter* (Spiegel & Grau). He has a line of accessories and home goods at Target.*

The best interiors are assembled and layered over time. Before you acquire anything, stop and take a beat—it's really important to have a connection to what you are buying. You wind up with a house full of little stories that reflect who you are.

Be inconsistent. I try to buy in odd numbers. Three frames or candlesticks looks less rigid than two. Don't go for one uniform accent color—it looks contrived, like you live on a TV set. If you want pops of green in the living room, make sure you have five different shades of green. And be inventive: Put a green palm leaf in a clear glass vase; add a grosgrain ribbon to a lampshade; paint your coffee table. There are plenty of ways to add artful details without spending a lot of money.

Elevate the mundane. I use woven baskets and decorative boxes to store those necessary things that look messy or ugly, like remote controls. I never lose my spare keys because I keep them in a beautiful box in my living room.

Edit your frames. Photos instantly make a space feel personal, but they can look jumbled. Settle on a theme: white, wood, and silver; or black and brass. Whatever it is, they should feel cohesive. Also, the table shouldn't be so packed that you have a hard time seeing the pictures—move a few to a bookshelf.

Think for yourself. Following interior-decorating trends can make your home look like everyone else's. If I've seen something in three different places, I don't want it in my house. Here's how you avoid trends: Frame your kids' artwork or a page from an old book. That's the personal stuff that makes your house feel like a home.

—INTERVIEW BY DANIELLE PERGAMENT

Ask Allure

I have fine hair. Should I apply volumizing conditioner on the roots if I need more volume?

—Lucy, Brooklyn

No, only apply conditioner from the midlength to the ends. Volumizing conditioners are simply lighter formulas that don't weigh hair down. There's nothing in them that lifts the hair. If you want more body, mist a volumizing spray onto slightly damp roots, flip your head upside down and blow-dry your roots, then flip upright and style the ends with a round brush. Roll the ends under gently—if you pull down with the brush, you'll flatten your roots. —Garren



Garren is the owner of the Garren New York salon at the Sherry-Netherland Hotel in New York City.

The Fit Girl

A lot of people exercise for weight loss; Hanne Blank isn't one of them. Blank, who has written and spoken widely about issues facing plus-size women, shares how exercise became her path to health and happiness—but not weight loss—in *The Unapologetic Fat Girl's Guide to Exercise* (Ten Speed Press).

Why is exercise important to you?

"It changed the way my body uses insulin. And it's a form of therapy. I want people to know that no matter what kind of body you live in, you have the right to move in ways that feel good to you."

As a member of the size-acceptance community, have you taken flak for writing an exercise book?

"Oh, yeah. People say I'm contributing to the stereotype of the 'good fatty,' someone who is fat but is still a 'good person' because she works out. But I just don't believe there is a moral value to whether or not you exercise."

And it's not just a mechanism for losing weight? "I find that among fat women there is a reluctance to talk about fitness. There's a sense that if you exercise but you're still fat, you've failed."

So more fat women need to come out as pro-exercise? "We need to go to gyms. I have had people say to me, 'I keep coming back because I know I'm going to see you.'" —KATE SULLIVAN

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Heidi Klum

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Emma Stone wears Revlon Nearly Naked™ Makeup in "Vanilla".



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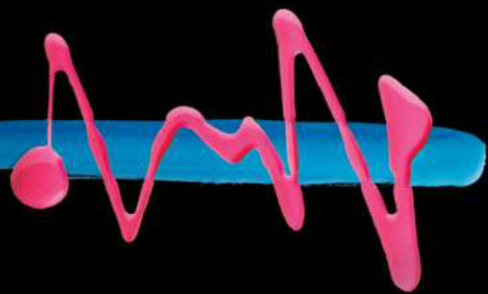
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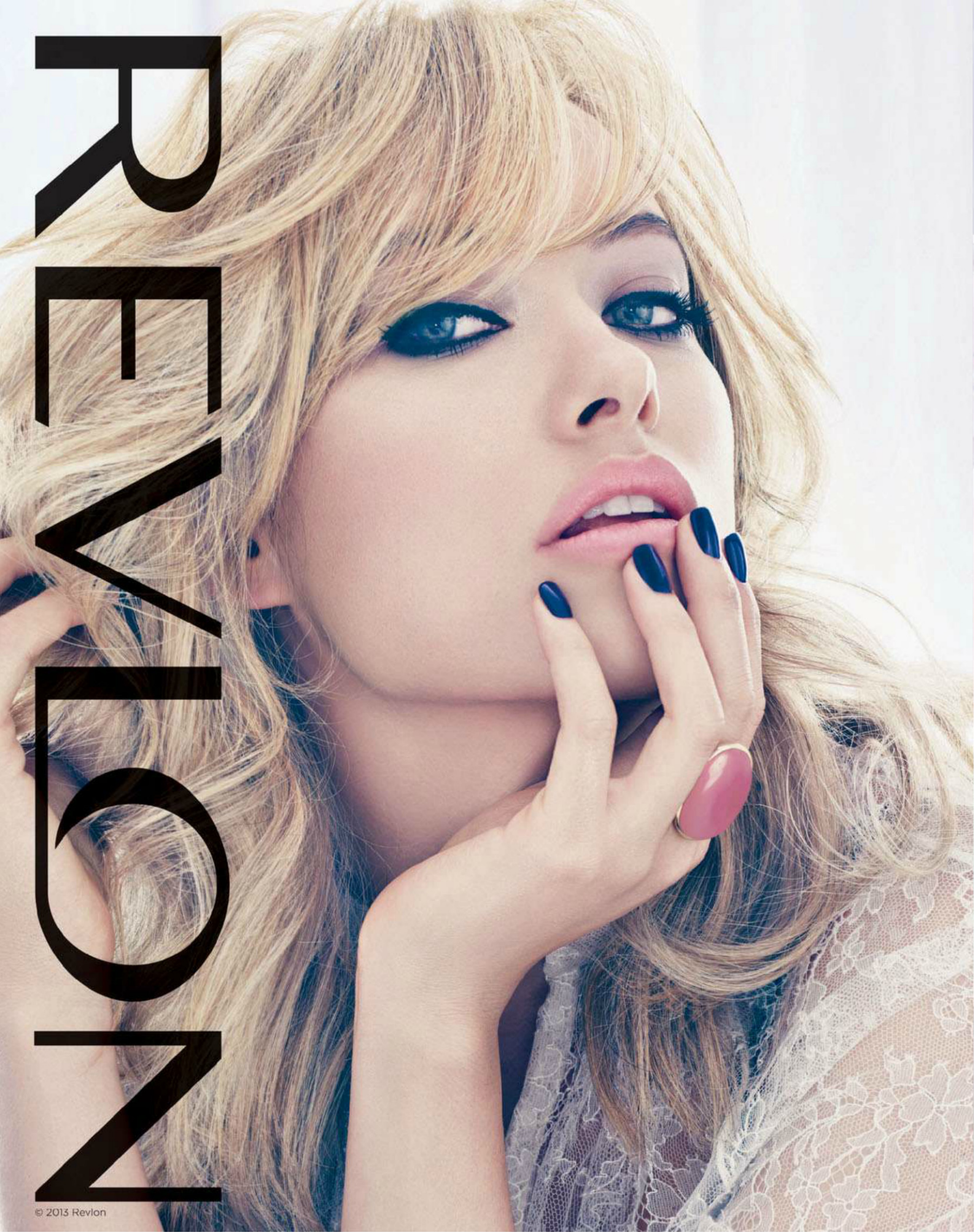
Emma Stone is wearing new Revlon Nail Art Expressionist™ in "Pop Art".

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Men compete to buy a bigger stone.

Confessions of a High-End Jeweler

Our anonymous source, the owner of a jewelry boutique in Los Angeles, reveals what really goes on behind the glass cases.

Some men buy jewelry to express their love and devotion; others buy it to get out of trouble. When that's the case, they usually want something on the showier side—and almost always something with diamonds. The most dramatic purchases are, naturally, engagement rings. Women want them as big as possible, and men want to spend as little as they can get away with. The most common question I get is what cut of diamond makes the ring look the biggest. Surprisingly, men are more competitive than women. A lot of my male customers tell me flat-out that they want to know what a colleague of theirs bought for his wife—and they want the same thing, only bigger. We're in L.A., but we don't actually have a lot of celebrity clients, because they don't buy shit—they can borrow anything they want. When someone walks into my store, I have no way to tell how much he or she is going to spend. I've had well-dressed people who try on everything and buy nothing, and I've had people in sweatpants spend tens of thousands. One customer put down \$100,000 for a \$200,000 diamond necklace, then sent her husband to the store. I was instructed to show it to him and say it was only \$100,000 so he would buy it for her. My favorite moments are when the woman couldn't care less about a ring, but the man convinces her. —INTERVIEW BY DANIELLE PERGAMENT



Role Modeling

Karolina Kurkova has been a runway model and a Victoria's Secret Angel; clearly, the next logical career move was a reality show.

On Oxygen's *The Face*, Kurkova, Naomi Campbell, and Coco Rocha mentor teams of young models. (Think *The Voice*, only looks count.) We asked the Czech-born stunner about the perils of judging beauty.

What do you think makes a great model?

"You have to have the whole package to be the face of a brand. It's about the model's attitude, her story, how versatile she is, how confident she is. Is she kind?"

Kindness matters? "A spokesmodel is a role model. These days, through the Internet and social media, people really get to know who you are, not only how you look."

Have you mentored models before? "With the young girls, I tell them they can always call or email me. It's just overwhelming in the midst of Fashion Week craziness where you travel to these different cities, do seven to ten shows a day, fittings all day long. I want to make sure they're eating right. Sometimes they'll have this idea that they need to get in shape quickly and they do not eat, but what happens is the opposite—your body is going to hold on to things and you're not going to lose weight, and you're not going to have energy." —KATE SULLIVAN

Ask Allure

My nail polish always chips after a few days. What can I do?

—Amelia, Newton, MA

Chipping typically happens because the nail surface wasn't cleaned properly and remnants of oil were left behind. This prevents the basecoat from adhering and it flakes away, taking the polish with it. Some people's nails are naturally more oily than others'. Ask your manicurist to clean your nails twice before applying a basecoat. Always use acetone-based polish remover to strip oils, and avoid formulas that contain moisturizers like aloe or vitamin E. —Ji Baek



Baek is the founder and owner of Rescue Beauty Lounge.

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Halle Berry wears New Revlon PhotoReady™ Primer, Shadow + Sparkle in "Watercolors".



Try for six different wines. Any more can be hard to keep track of.

How to Host a Wine Tasting

An Interview With Kevin Zraly

Zraly is the founder of the Windows on the World Wine School in New York City and the author of Kevin Zraly's Complete Wine Course (Sterling Epicure).

Above all, wine tastings should be fun, so don't let mysterious rituals or lingo get in the way of hosting a great party. That said, it helps to set a few parameters so you can actually learn something, too.

Narrow it down. There are literally thousands of wines in the world, so start by focusing on a country, then a color, then a region: for example, Tuscan reds or Spanish Riojas. You could focus it even more by year (Napa Valley Cabernets from 2009) or by price (Argentinean Malbecs under \$20). From there, a knowledgeable salesperson at a store with a large selection can help you choose your wines. Try for six different bottles. Any more can be hard to keep track of.

Run the numbers. You need about one bottle of wine for every 15 people, and each serving should be about an ounce and a half; you may want to buy extra if you're hosting dinner after the tasting. Ideally, you would

sip each wine from a different glass.

Use your senses. Before you taste the wine, notice the color: White wine gets darker as it ages; red wine gets lighter. This is also the time to smell it—and not just sniff it, but really inhale deeply. I've heard that ninety-five percent of the taste is derived from the smell. If you have enough glasses, it's a great idea to pour all the different tastings before you drink any, so you can compare the colors and aromas of each.

Start sipping. The order is important: The lightest goes first, the heaviest goes last—your salesperson can help with this. If you drink a heavy wine first, all the tannins and acids will stay on your tongue and overpower a lighter one. When you taste a wine,

leave it in your mouth for three seconds. That will give you enough time to get a complete picture. Never reveal the prices of the bottles until everyone has tried them all.

Time to eat. It's not really necessary to drink or eat between tastings to cleanse the palate, but I like to serve water and Carr's water crackers. Once you decide on a favorite—and you won't all agree—bring out a few bottles to have with dinner. If it's a white, you can serve almost anything; if it's a red, you want something high in fat and protein, like meat or cheese, to break down the tannins.

—INTERVIEW BY DANIELLE PERGAMENT

Going Downhill

Bitter cold, blustery winds, blazing sun—you can't subject your skin to much worse than the top of a mountain. Before you get on skis this winter, take note of these top weather-proofing products. —SOPHIA PANYCH

"Chapstick with SPF 15 soothes and protects my lips from wind and sunburn, and I dab it on the areas of my face most prone to burning. I even use it to tame my eyebrows."

—HANNAH KEARNEY, 2010 Olympic gold medalist, mogul skiing

"I apply Chanel Sublimage eye cream to shield that sensitive area from the wind; La Prairie Cellular Anti Wrinkle Sun Cream SPF 30, which is both a rich moisturizer and a sunscreen; and Shiseido Sun Protection Compact to set the cream and get rid of shine."

—LILY GARFIELD, founder of Aspen beauty store Cos Bar

"A lot of sunscreens melt when you're skiing and can get in your eyes. Neutrogena Sensitive Skin SPF 60+ is pretty sweatproof, and because it's composed of physical sunblocks like titanium dioxide and zinc oxide, it blocks UVA/UVB rays at altitude."

—LISA AIRAN, dermatologist and skier

"I use Josie Maran Argan Oil before and after snowboarding. Then I layer Shiseido Ultimate Sun Protection Lotion 50+ on top of that because it's lightweight."

—HEATHER MARKS, Canadian model and snowboarder

"I keep Kiehl's Cross-Terrain UV Face Protector SPF 50 in my pocket and apply it to my face, lips, and cuticles, and add an extra layer on my nose over and over throughout the day. It protects against windburn, sun damage, and chapped lips."

—LINDA WELLS, Allure editor in chief and not-very-good skier

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Readers' Choice AWARDS

Go ahead—play favorites. Tell us which makeup, skin, hair, and body products have earned a special place in your heart (and medicine cabinet, and shower). Simply by voting, you'll be entered for a chance to win **a spa trip worth \$7,000, a \$500 shopping spree...and lots more.**



WIN
a spa trip!

THE PRIZES

No matter how much of the survey you fill out, you will automatically be entered to win the following prizes.

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FIRST PRIZE: A \$325 gift card to beautybar.com, plus a yearlong subscription to Sample Society worth \$180.

SECOND PRIZE: A \$500 shopping spree for clothes, accessories, and more at Express.

THIRD PRIZE: An assortment of skin- and hair-care products and makeup from Neutrogena, valued at \$300.

HERE'S HOW TO VOTE



LOG ON

Visit allure.com/go/readers-choice to fill out your ballot.

Submit it by 11:59 P.M. EST on February 28, 2013. If you don't have a favorite product in a particular category, skip it.

OR



SEND IT IN

Fill out the following survey and mail it to *Allure* Readers' Choice Ballot, Attn: Timothy Kelsay, 1166 Sixth Ave., 14th Floor, New York, NY 10036, postmarked by February 28, 2013.

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The Categories

DRUGSTORES AND/OR DISCOUNT STORES: This includes national chains such as Target, Walgreens, CVS/Pharmacy, and Walmart.

DEPARTMENT STORES, SPECIALTY STORES, SPAS, AND/OR SALONS: This includes Bloomingdale's, Macy's, Lord & Taylor, Barneys New York, and the like, plus specialty beauty stores such as Ulta and Sephora, direct-sales and online companies such as Avon and beautybar.com, and spas and salons that sell products.

MAKEUP

LIPSTICK

Drugstores and/or Discount Stores

Company_____ (1)
Exact Product Name_____ (2)
Shade_____ (3)

Department Stores, Specialty Stores, Spas, and/or Salons

Company_____ (4)
Exact Product Name_____ (5)
Shade_____ (6)

LIP GLOSS

Drugstores and/or Discount Stores

Company_____ (7)
Exact Product Name_____ (8)
Shade_____ (9)

Department Stores, Specialty Stores, Spas, and/or Salons

Company_____ (10)
Exact Product Name_____ (11)
Shade_____ (12)

BLUSH

Drugstores and/or Discount Stores

Company_____ (13)
Exact Product Name_____ (14)
Shade_____ (15)

Department Stores, Specialty Stores, Spas, and/or Salons

Company_____ (16)
Exact Product Name_____ (17)
Shade_____ (18)

EYE SHADOW

Drugstores and/or Discount Stores

Company_____ (19)
Exact Product Name_____ (20)
Shade_____ (21)

Department Stores, Specialty Stores, Spas, and/or Salons

Company_____ (22)
Exact Product Name_____ (23)
Shade_____ (24)

EYELINER

Drugstores and/or Discount Stores

Company_____ (25)
Exact Product Name_____ (26)
Shade_____ (27)

Department Stores, Specialty Stores, Spas, and/or Salons

Company_____ (28)
Exact Product Name_____ (29)
Shade_____ (30)

MASCARA

Drugstores and/or Discount Stores

Company_____ (31)
Exact Product Name_____ (32)

Department Stores, Specialty Stores, Spas, and/or Salons

Company_____ (33)
Exact Product Name_____ (34)

CONCEALER

Drugstores and/or Discount Stores

Company_____ (35)
Exact Product Name_____ (36)

Department Stores, Specialty Stores, Spas, and/or Salons

Company_____ (37)
Exact Product Name_____ (38)

FOUNDATION

Drugstores and/or Discount Stores

Company_____ (39)
Exact Product Name_____ (40)

Department Stores, Specialty Stores, Spas, and/or Salons

Company_____ (41)
Exact Product Name_____ (42)

SKIN

FACIAL CLEANSER

Drugstores and/or Discount Stores

Company_____ (43)
Exact Product Name_____ (44)

Department Stores, Specialty Stores, Spas, and/or Salons

Company_____ (45)
Exact Product Name_____ (46)

FACIAL SCRUB

Drugstores and/or Discount Stores

Company_____ (47)
Exact Product Name_____ (48)

Department Stores, Specialty Stores, Spas, and/or Salons

Company_____ (49)
Exact Product Name_____ (50)

FACIAL MOISTURIZER

Drugstores and/or Discount Stores

Company_____ (51)
Exact Product Name_____ (52)

Department Stores, Specialty Stores, Spas, and/or Salons

Company_____ (53)
Exact Product Name_____ (54)

ANTI-AGING PRODUCT

Drugstores and/or Discount Stores

Company_____ (55)
Exact Product Name_____ (56)

NO PURCHASE NECESSARY. To enter, you must be a legal resident of the 50 United States/D.C. and 18 years or older as of the date of entry. See the Readers' Choice Rules page at the back of the magazine for more details. You do not need to complete the full ballot to enter. You may at times receive mail offers from sponsors or carefully selected third parties. Please check here ☐ if you wish to receive such offers.

READERS' CHOICE

Department Stores, Specialty Stores, Spas, and/or Salons

Company_____ (57)

Exact Product Name_____ (58)

EYE CREAM

Drugstores and/or Discount Stores

Company_____ (59)

Exact Product Name_____ (60)

Department Stores, Specialty Stores, Spas, and/or Salons

Company_____ (61)

Exact Product Name_____ (62)

HAIR

SHAMPOO

Drugstores and/or Discount Stores

Company_____ (63)

Exact Product Name_____ (64)

Department Stores, Specialty Stores, Spas, and/or Salons

Company_____ (65)

Exact Product Name_____ (66)

CONDITIONER

Drugstores and/or Discount Stores

Company_____ (67)

Exact Product Name_____ (68)

Department Stores, Specialty Stores, Spas, and/or Salons

Company_____ (69)

Exact Product Name_____ (70)

VOLUMIZER

Drugstores and/or Discount Stores

Company_____ (71)

Exact Product Name_____ (72)

Department Stores, Specialty Stores, Spas, and/or Salons

Company_____ (73)

Exact Product Name_____ (74)

DEFRIZZER

Drugstores and/or Discount Stores

Company_____ (75)

Exact Product Name_____ (76)

Department Stores, Specialty Stores, Spas, and/or Salons

Company_____ (77)

Exact Product Name_____ (78)

HOME HAIR COLOR

Company_____ (79)

Exact Product Name_____ (80)

BODY

BODY SCRUB

Drugstores and/or Discount Stores

Company_____ (81)

Exact Product Name_____ (82)

Department Stores, Specialty Stores, Spas, and/or Salons

Company_____ (83)

Exact Product Name_____ (84)

BODY LOTION

Drugstores and/or Discount Stores

Company_____ (85)

Exact Product Name_____ (86)

Department Stores, Specialty Stores, Spas, and/or Salons

Company_____ (87)

Exact Product Name_____ (88)

SELF-TANNER

Drugstores and/or Discount Stores

Company_____ (89)

Exact Product Name_____ (90)

Department Stores, Specialty Stores, Spas, and/or Salons

Company_____ (91)

Exact Product Name_____ (92)

ANTIPERSPIRANT/DEODORANT

Company_____ (93)

Exact Product Name_____ (94)

TOOTH WHITENER

Company_____ (95)

Exact Product Name_____ (96)

PALE NAIL POLISH

Drugstores and/or Discount Stores

Company_____ (97)

Exact Product Name_____ (98)

Shade_____ (99)

Department Stores, Specialty Stores, Spas, and/or Salons

Company_____ (100)

Exact Product Name_____ (101)

Shade_____ (102)

BOLD NAIL POLISH

Drugstores and/or Discount Stores

Company_____ (103)

Exact Product Name_____ (104)

Shade_____ (105)

Department Stores, Specialty Stores, Spas, and/or Salons

Company_____ (106)

Exact Product Name_____ (107)

Shade_____ (108)

CLASSIC FRAGRANCE

Company_____ (109)

Exact Product Name_____ (110)

NEW FRAGRANCE

Company_____ (111)

Exact Product Name_____ (112)

MEN'S FRAGRANCE

Company_____ (113)

Exact Product Name_____ (114)

| | |
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| ADDRESS_____ | |
| CITY_____ | STATE_____ |
| ZIP_____ | PHONE NUMBER_____ |
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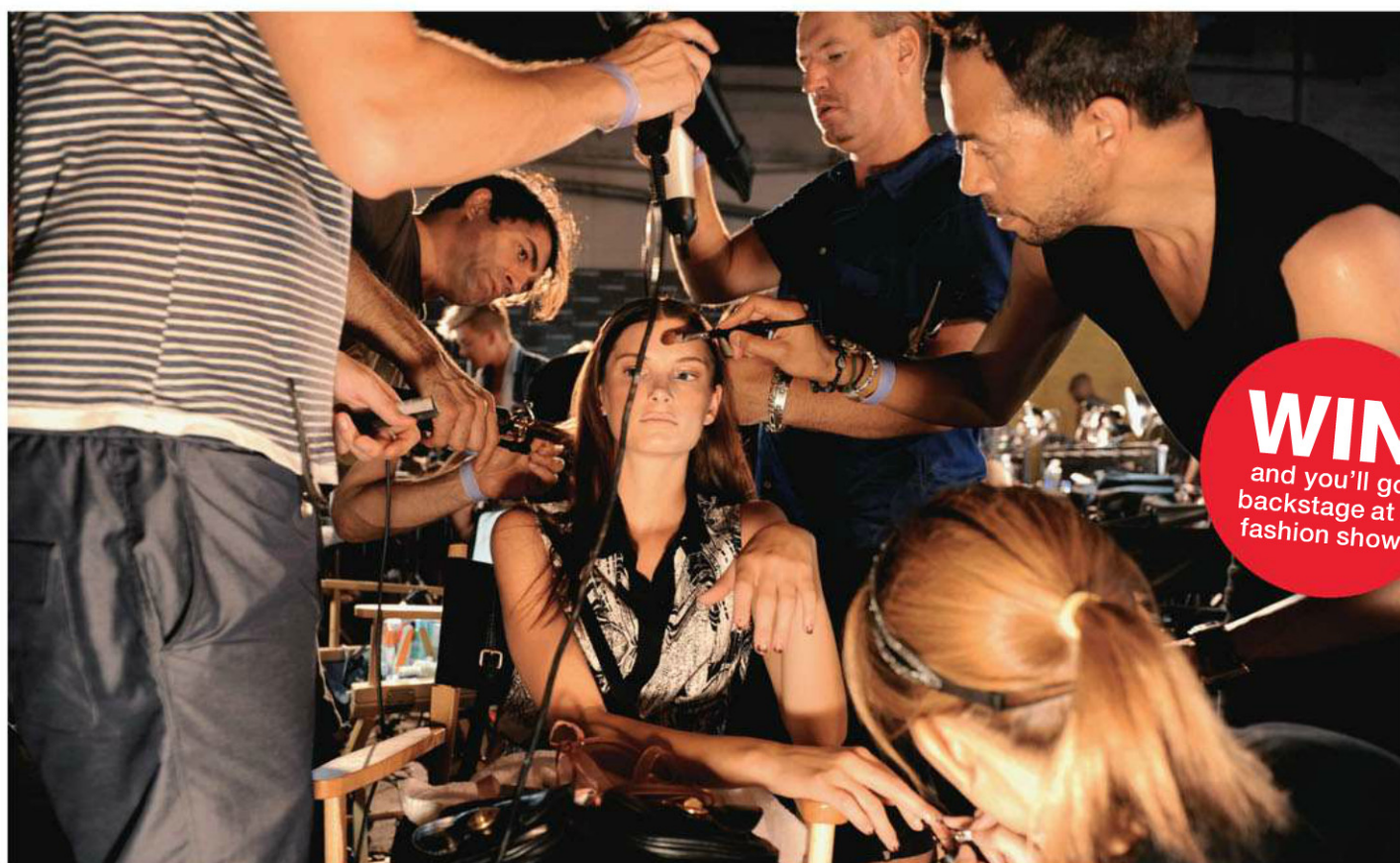
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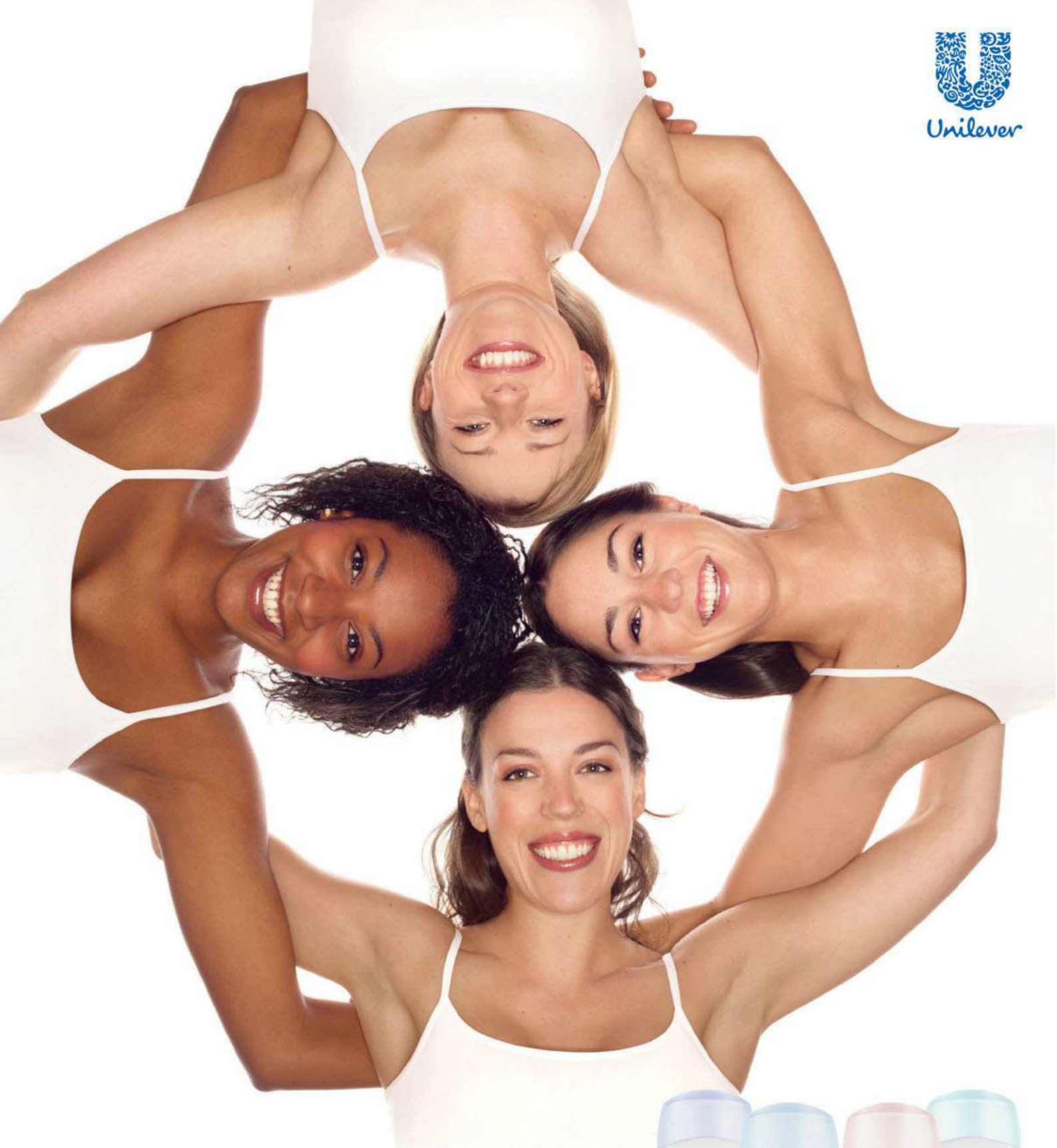
The Contest:

Ten beauty bloggers will compete in five challenges that tackle product reviews, makeovers, and creating a video with new Revlon products (we'll supply them—and a camera). Then allure.com users will vote for their favorites. *Allure's* own panel of judges—including expert guest judges from the beauty world—will be weighing in, too.

The Grand Prize:

- A trip to New York City, where you'll mingle with beauty powerhouses at the *Allure Best of Beauty Awards*, have backstage access at a fashion show (last year's winner, Shannon Ray of Gloss and Dirt, went to Oscar de la Renta's spring show), and get a tour of Revlon headquarters to preview new products.
- The *Allure 2013 Blogger of the Year* logo to post on your own website and the opportunity to contribute to *Allure* and allure.com.
- A photo shoot—complete with professional styling—for a story that's all about you and your winning ways. The article will run in the October 2013 issue of *Allure*.

NO PURCHASE NECESSARY. For full rules, visit allure.com/go/blogger-awards. Starts at 12:01 A.M. EST on January 15, 2013, and ends at 11:59 P.M. EST on February 19, 2013, when all entries must be received. Open to legal residents of the 50 United States/D.C. 18 or older, except employees of Sponsors, their immediate families, and those living in the same household. Void outside of the 50 United States/D.C. and where prohibited. One prize: A.R.V. \$4,000. This promotion is sponsored by Revlon Inc. and Condé Nast.



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Hundreds of nail polishes are debuting this year, but insiders have already predicted a winning shade.

The Next Big Things

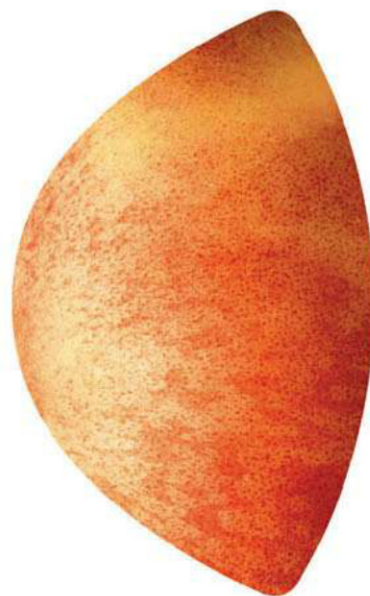
Lust-inspiring lipstick, makeup with benefits, a safe home laser, and more. Meet the beauty must-haves of the very near future. By Elizabeth Siegel

Imagine: There was a time, not too long ago, when you had no clue what a BB cream was. Chances are you dismissed it as just another neatly abbreviated, potentially embarrassing personal-care item, like T/Gel Shampoo for dandruff or O.B. tampons. You're not alone. "When we introduced BB creams from Korea, no one knew what they were," says Margarita Arriagada, senior vice president of merchandising at

Sephora. To create awareness, Sephora set up prominent displays for customers and educated its salespeople on the multitasking formula. "Now they fly off the shelves," says Arriagada. Happy ending.

Before the grand marketing schemes are in place, professional buyers travel the globe hunting down the next big things in beauty. But how do they know which products to pluck from obscurity? Often they use a method that's equally obscure:

gut instinct. "Part of this job is knowing why a product is going to be life-changing," says Nicky Kinnaird, founder of Space NK. It's a risky path, punctuated by runaway hits and occasional flops. With the right combination of innovative ingredients, a practical formulation, and a sexy twist or two, a new product can become so essential, you won't remember ever managing without it. Which ones have the potential to be 2013's biggest stars? Allow us to illuminate.



SPLIT FROM THE ORDINARY

FAGE Total Greek Yogurt with Peach



plain extraordinary™

Deborah Walters
*Senior vice president and
 merchandise manager
 for cosmetics and fragrance
 at Saks Fifth Avenue*



Nars nail polish in Disco Inferno

DISCOVERY METHOD: “I meet with everyone, which can be exhausting, but you never know what new ingredient or brand you’ll come across.”

PERSONAL FAVORITES: “I use two products every morning: La Prairie Essence of Skin Caviar Eye Complex—it’s the only thing that depuffs my eyes—and Laura Mercier Tightline Cake Eyeliner in Mahogany Brown, a rich brown that defines my eyes in a natural-looking way. Laura herself taught me how to apply it on my inner rims with a flat eyeliner brush. I’ve been loyal to Sisley Paris Eau du Soir Body Cream since the beginning of my career. I get a compliment on the subtle floral scent every day.”

GREATEST HIT: “I walked into Bond No. 9 when it first opened, and the distinctive perfume bottles stopped me in my tracks. Years later, it’s still one of our most popular brands.”

BIGGEST FLOP: “Custom-made skincare lines never resonated, and we couldn’t figure out why. It should have been the ultimate in personalization.”

NEXT BIG THINGS: “We saw metallics on the spring runways, but I haven’t seen anything like Nars Disco Inferno nail polish, a sheer silver with iridescent green and mauve. We think it’s going to be the nail color of the season. We also think luxurious body products will make a resurgence: La Mer Soleil de la Mer Gradual Tan and Reparative Body Sun Lotion SPF 30 [available in April] are the brand’s first self-tanner and body sunscreen. La Prairie Cellular Mineral Body Exfoliator gently scrubs skin with amethyst and diamond powder, and the silky gel-like formula leaves a veil of moisture behind. Marni’s

first fragrance [available in March] is a feminine, spicy floral with cinnamon and rose notes. I love the artful polka-dot bottle. And leave it to Tom Ford to make the spring’s pink trend incredibly sexy, with ten lipsticks [available in March] that create a sheer veil of dewy color.”

Marla Beck
Cofounder of Bluemercury



RéVive Glycolic Renewal Peel Professional System; Bobbi Brown Long-Wear Even Finish Compact Foundation

DISCOVERY METHOD: “Right now I have about 75 submissions from the past three weeks sitting in my office. I find some great stuff that way. I also keep an eye out during my travels. I just brought home ten products from Istanbul to experiment with.”

**“We’re seeing
 a ton of new
 powders
 and compact
 foundations,
 only now they’re
 creamy and
 luminescent.”**

PERSONAL FAVORITES: “I’ve used Nars Sheer Lipstick in Fast Ride for years and years. It’s not a best-seller, but it’s the perfect red. Even though I try every new mascara, I always go back to Trish McEvoy High Volume. It never smudges, and you can pile it on without it clumping. And I use M-61 Vitablast C to brighten my skin. It sounds self-serving since it’s my own line, but I’m not alone—it’s actually the fourth-

best-selling product at Bluemercury.”

GREATEST HIT: “Thirteen years ago, Acqua di Parma sent me their Colonia fragrance. It was back when that was the only one they offered. I fell in love with it immediately.”

BIGGEST FLOP: “I’m 90 percent vegan, and natural and organic products are my pet category. It’s a challenge to educate customers on the purity of the formulas. Also, we all want to eat healthfully, but we stray. The same behavior happens with these products.”

NEXT BIG THINGS: “RéVive Glycolic Renewal Peel Professional System [available in April] uses glycolic acid, which is a great exfoliator, but tends to irritate sensitive skin. This formula is still potent, but it feels soothing, even if it’s applied every day. You can use it in the morning, right before putting on your makeup, and it won’t make your skin red. Bobbi Brown Long-Wear Even Finish Compact Foundation [available in March] gives skin a dewy finish. I’m saying grandma is back, because we’re seeing a ton of new powders and compact foundations, only now they’re creamy and luminescent.”

Margarita Arriagada
*Senior vice president of
 merchandising at Sephora*



Givenchy nail polish and Le Rouge Lipstick in Mandarin; Bite Beauty Cinnamon Plumping Lip Oil

DISCOVERY METHOD: “A lot of people don’t know that Sephora was inspired by the success of duty-free shops in France. Lots of beauty junkies work in our stores, and they’re always searching for the next big thing. My team and I discovered Ciaté nail polish in London early on, and it’s been a huge success.”

PERSONAL FAVORITES: “Josie Maran Argan Oil is one of my sta-

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ples. I'm on a plane every week, and it keeps my skin moisturized and healthy. Givenchy Noir Couture 4 in 1 Mascara does everything—it makes my lashes look so long and thick, it's unreal—and my go-to lip product is Fresh Sugar Coral Tinted Lip Treatment SPF 15. It's a sheer, sherbet-y nude that brightens up my complexion."

GREATEST HITS: "Six years ago, Make Up For Ever was still relatively obscure. We knew that if clients saw how amazing the color range was, as makeup artists already had, it would be a huge hit. Now it's one of Sephora's top brands. Perfume rollerballs have been a big success for us, too—they used to be a gift with purchase, then Stella McCartney started making them. Now we sell over 80 different rollerball fragrances."

"Electric tangerine and saturated lip colors in matte reds and pinks are hot for 2013."

BIGGEST FLOP: "BB creams didn't take off right away. We were the first U.S. retailer to carry one in 2011—specifically, Dr. Jart+ BB cream from Korea—but there was a lot of confusion around the concept at first."

NEXT BIG THINGS: "Electric shades like tangerine and saturated lip colors in matte reds and pinks are hot makeup trends for 2013. No question. Givenchy Le Rouge Lipstick [available in March] gives you high-pigment, long-wearing matte color in just one swipe. The case is leather and so cool-looking, and select shades come with matching nail polish. We're also excited about a completely new category: tinted lip oils that also treat fine lines around the mouth. Bite Beauty just launched its Cinnamon Plumping

Lip Oil, a soft red shade with hydrating argan oil and the antioxidant resveratrol. BB creams are evolving into multitasking CC creams that give slightly more coverage and have targeted skin-care treatment ingredients, like vitamin C for brightening. You're going to see innovations in that area from Sephora Collection, Smashbox, and Ole Henriksen."

Nicky Kinnaird Founder of Space NK



RéAura home laser

DISCOVERY METHOD: "We have the ability to nurture new talent, so people come knocking on my door every day. The worthy innovators create something that's better than anything available out there, and working with them is fabulous."

PERSONAL FAVORITES: "Makeup artist Terry de Gunzburg thought a moisturizing face powder would be great—I mean, why wouldn't you? That's why By Terry Hyaluronic Face Powder is unlike anything else—it's a powder with moisturizing hyaluronic acid and a matte satin finish. My other obsession is Kevyn Aucoin Beauty The Eye Shadow Single. A lot of neutral shadows look too pink or chalky, but these have a hint of yellow that blends perfectly with your skin."

GREATEST HIT: "London plastic surgeon Marko Lens used me as a sounding board when developing Zelens skin care. His PHA+ Bio-Peel Resurfacing Pads exfoliate with poly-hydroxy acid, which is tolerated by even the most sensitive skin. And they go on in just one swipe. You don't have to bother with a second neutralizing step."

BIGGEST FLOPS: "I opened London's first juice bar inside Space NK in 1993. I couldn't get anyone to drink the stuff! I was way too early on the trend. I think I'll leave juices to the Organic Avenues of the world."

On the Hunt

Some people track trends like it's their job; others do it because it is their job. Here's what beauty forecasters see coming.

Orrea Light

L'Oréal Paris global vice president of product development

"We're developing new forms of gel polish and 3-D art effects that are easier to apply and take off. Makeup will also be easier to apply: In Asia, I got a look at eyeliners that go on like ink stamps. Incredible! And there are gel formulations for skin that give you an angelic glow, but I probably shouldn't talk too much about those yet."

Jane Buckingham

founder of Trendera trend-forecasting and branding agency

"We're coming out of a recession and an election year. Now that things are more stable, women will be ready for bolder makeup. They'll affix gems to their lips or around their eyes, go for crazy lip colors like navy and gold, and wear silk-screened photos as makeup—like Katy Perry's cat manicure. You can also expect longer-wearing makeup, like semipermanent mascara you apply at home and more lip tattoos."

Ben Bennett

founder of Hatch Beauty brand-consulting and trend-forecasting agency

"Fariche, a skin regimen from Asia that uses alpha arbutin and ursi leaf extract to lighten dark spots, just won a big award at the Cosmoprof Las Vegas trade show. And there's a new focus on treating thinning skin. Brands are developing products called densifiers that may come close to mimicking the effects of medical-grade hyaluronic acid fillers."

Molly Sloat

Ulta director of trend development

"Traditional hair oils, like argan, are crossing over into makeup, making foundations and lipsticks more hydrating and silkier than ever. You'll also see more hair tools with built-in conditioners and styling products with anti-aging benefits from skin-care ingredients like amino acids. They're used to increase the fullness of thinning hair."

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healthy
to wash your
hair
every day



NEXT BIG THINGS: “Facialist Eve Lom is currently working on foundation, tinted moisturizer, and concealers. Her new line will come in a wide range of shades and glow-inducing textures—I’m not allowed to reveal too much just yet, but it’s loaded with skin-care benefits. Also, the RéAura—a handheld laser from Philips that uses a gentler version of Fraxel—is revolutionizing at-home gadgets. It treats fine lines, evens skin texture, reduces age spots, and boosts radiance. I know it sounds like a marketing gimmick, but it’s not—it’s pending FDA approval, and it’s already selling extremely well at Space NK stores in Europe. Also, African Botanics Marula Cleansing Oil and Marula Face Mask [available this fall] contain a high concentration of marula oil, an anti-inflammatory and antioxidant botanical from South Africa. It’s a hot topic among R&D experts. It has the potential to be the next argan oil.”

Misha Anderson
Cofounder of Woodley & Bunny
Salon/Apothecary



Christophe Robin Cleansing Purifying Scrub With Sea Salt; Verso Day Cream

DISCOVERY METHOD: “I used to work in music, and I find the coolest products the same way I used to find the best bands: by being immersed in the industry and networking constantly. But to be honest, I couldn’t tell you what’s up-and-coming in music anymore.”

PERSONAL FAVORITES: “I’m not proud of this, but on the rare occasion that I go out late wearing Us Lu Airlines lipstick, it’s still on the next morning. It *never* fades unevenly. I’m pretty obsessed with Sachajuan Volume Powder, too; it’s the best dry shampoo.”

GREATEST HIT: “Brad Biophotonic Skin Care has products with fer-

mented exfoliating acids that come in sleek violet glass bottles, which keep UV light from degrading the formulas. I found the line in a Hong Kong department store, but it turns out that Brad is actually from Los Angeles.”

BIGGEST FLOP: “I love facial-cleansing oils, but no one else did. It was too counterintuitive.”

NEXT BIG THINGS: “No one knows this yet, but we are going to import Rouge Bunny Rouge skin care from Russia later this year. The Seraphic

“Marula oil, an anti-inflammatory and antioxidant botanical, is a hot topic. It could be the next argan oil.”

Veil Moisturizer has a spongy texture that I’m obsessed with. It makes my skin so soft and radiant, it’s insane. Verso, a skin-care line from Sweden, uses a proprietary form of vitamin A that’s eight times stronger than retinol but won’t irritate sensitive skin. I haven’t seen anything else like it—and it will be available in March. I’m really an eye-cream freak. I’ve been testing Brad Biophotonic eye cream [available this year] for the past six months. It’s more hydrating than the others I’ve tried, and it has the most gorgeous opalescent purple color. And the body treatment I’m excited about isn’t a cream but a new serum—Sans Body Serum [available in May]—with serious anti-aging ingredients, like peptides and antioxidants. Lastly, hair colorist Christophe Robin created a sea-salt scrub for the scalp. It feels amazing, and it takes the itch out after you get your color done.”

Marcia Gaynor
General merchandise manager
for Look Boutique at
Duane Reade and Walgreens



Tini Beauty Nailtini Champagne Manicure Kit

DISCOVERY METHOD: “I buy a lot of beauty products at boutiques, high-end stores, and salons—I know, rough job—and go to trade shows like Cosmoprof in Italy. But I have to be careful. There are great brands that aren’t ready to do business on our scale or in the U.S. If they have enough interest, they usually work with us to make it happen.”

PERSONAL FAVORITES: “I really can’t live without my Ramy Perfect Brow Wand. It’s got a brow pencil and highlighter—I call it my magic stick.”

GREATEST HIT: “I fell in love with Minus 417, a skin-care brand with Dead Sea minerals, several years ago at Cosmoprof. No one had heard of it in the U.S. We started demo-ing the Miracle Immediate Wrinkle Filler at Duane Reade Look Boutiques. You literally watch wrinkles disappear. Customers were hooked.”

BIGGEST FLOP: “We all have flops, but it’s not always that you picked wrong. Some small brands don’t have the funding to succeed; other times you hit on a trend before customers are ready. I don’t consider those failures—you have to keep trying.”

NEXT BIG THINGS: “Scünci Hair Chalk from Conair makes it easy to experiment with trendy hair colors. It looks like a flatiron, but instead of straightening hair, it deposits temporary streaks of colorful chalk. Tini Beauty Nailtini Manicure Kit is the first 3-D nail art available at Look Boutiques. It gives nails a cool beaded texture like you’d get from a salon manicure.”

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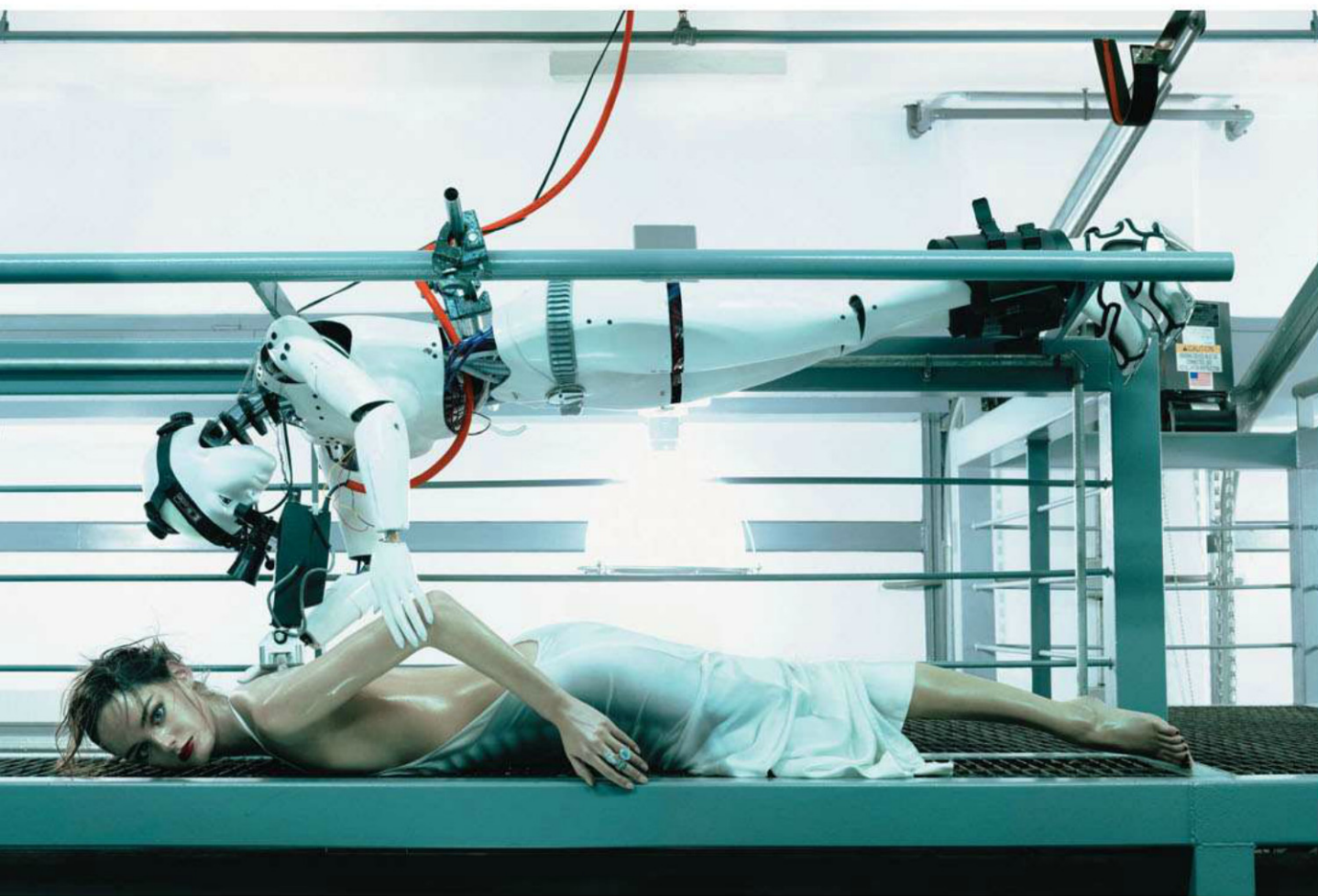
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Overserved

How do you decide which grooming services are necessities, luxuries, or frivolities? A look at the politics of beauty outsourcing. By Mary H. K. Choi



It used to be that we made our own soap and trimmed our own hair. We corralled our own cuticles and considered pubic hair to be a private matter—and perhaps right here is where I should clarify that this “we” of which I speak has nothing to do with me. I’m not the DIY type, never have been, and I don’t have a lot of hang-ups about outsourcing “pretty chores” such as waxing, exfoliating, painting—all those assorted verbs associated with ladies’ grooming rituals.

I do have high(ish) standards and the absence of the will, patience, and masochism required to do everything to myself by myself. I do not have kids, a mortgage, or ailing parents to care for, so my disposable income goes into savings, the ceaseless pursuit of shoes that are comfortable but do not smack of capitulation, stuff to eat and drink, and

grooming services. I’m not *not* buying baby medicine so I can get ombré nails. That would be sad and broken.

But I’ll tell you what. I do feel weird that since graduating from college, I’ve gerrymandered my body—and the stuff that sprouts from it—into individual parcels where an awful lot of upkeep has been delegated to discrete, discreet professionals. I’m fairly self-reliant when mending things around the house and diligent about balancing my virtual checkbook, so the dissonance of relieving myself from the custodial obligations of my own feet does strike me as bizarre when I actually stop to think about it. (Let’s be real, though: It doesn’t bother me nearly enough to mess around with the miniature sticks, blades, indelible lacquers, and brushes for the 40 minutes required to auto-administer a pedicure. And the same goes for manicures.)

So here’s where I fall in terms of beauty outsourcing: I

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don't get leg or bikini waxes, but it's just because I'm genetically blessed by where I fall on the grand spectrum of hirsuteness. I also do my own brows, and they look...not bad! (Please, no autographs.) That said, I didn't figure it all out myself. I had a wonderful someone lay the groundwork with her medical-grade tweezers and have been dutifully subscribing to her parameters ever since. Along the same lines, I don't cut my own hair because I'm not insane. I've accepted that a moistened fringe cut in a straight line by my hand is totally kidding and will dry in a hectic scribble way north of where I've lopped it. Since crying jags lead to wrinkles, there's a guy in the Village that I've been going to for the last seven years for bang trims. Otherwise, I fly back to Texas and visit with the fantastic hometown stylist who comes out of retirement to snip my tresses in the comfort of her own kitchen.

Extreme lengths? Sure, but that's what I love about beauty routines: Extreme is in the vanity mirror of the beholder. I've polled my friends over brunch and by email (scientific!), and if you were to map out the lines of demarcation about who finds what reasonable versus reprehensible, we are all over the place.

Sometimes it's tied directly and logically to disposable income, but more often it's tethered to qualms of guilt, class, race, and how much the technician reminds us of our blood relatives. My girlfriend Natasha, a writer who lives in Los Angeles, gets her brows done by third-party task managers, but she draws the line at waxing other regions. "It's about the prolonged service exchange," she says. "I'm put on edge by the class tension. Having an immigrant laborer twice my age grooming me—it's too crassly about money. With eyebrows, it's over in seven minutes." I get where she's coming from on this. I had this thing for basically ever where I couldn't get a manicure or pedicure from a Korean woman because the whole thing reminded me of my mom in a way that filled me with dread and guilt. I *solved* it—by going somewhere else.

On the other hand, a successful television-producer friend recently invoked a "hard out" during a punishing workweek riddled with deadlines and declared that she had an important engagement that she later confided was a wax appointment. It was the one normal, nice thing she'd committed to doing for herself during a month where the prospect of a civilized dinner with her husband at a reasonable hour or a haircut was laughable. Clearly it wasn't about the hair removal; the appointment itself took on a totemic significance. While I don't get waxes, I get this. Equally solemn and serious: Several of my Asian girlfriends rely on professionally applied lash extensions because, like gel manicures, you can't unknow the exponential benefits once you've experienced them. They've stopped wearing eye makeup entirely, which, if you knew

my Asian girlfriends, is a really big deal.

Where it starts getting divisive and eye-roll-y is where we fall on the question of the blowout. Hell, we're unanimous on the results—there's nothing *not* awesome about a glossy, manicured mane—but it's the frequency that trips us up. When Drybar opened in New York City, some of us sneered that it was a lunatic rip-off to invent salons that specialized exclusively in drying your hair. Others of us were enthralled that hair washing was included and mused that the one in the Flatiron district sounded *particularly* effective.

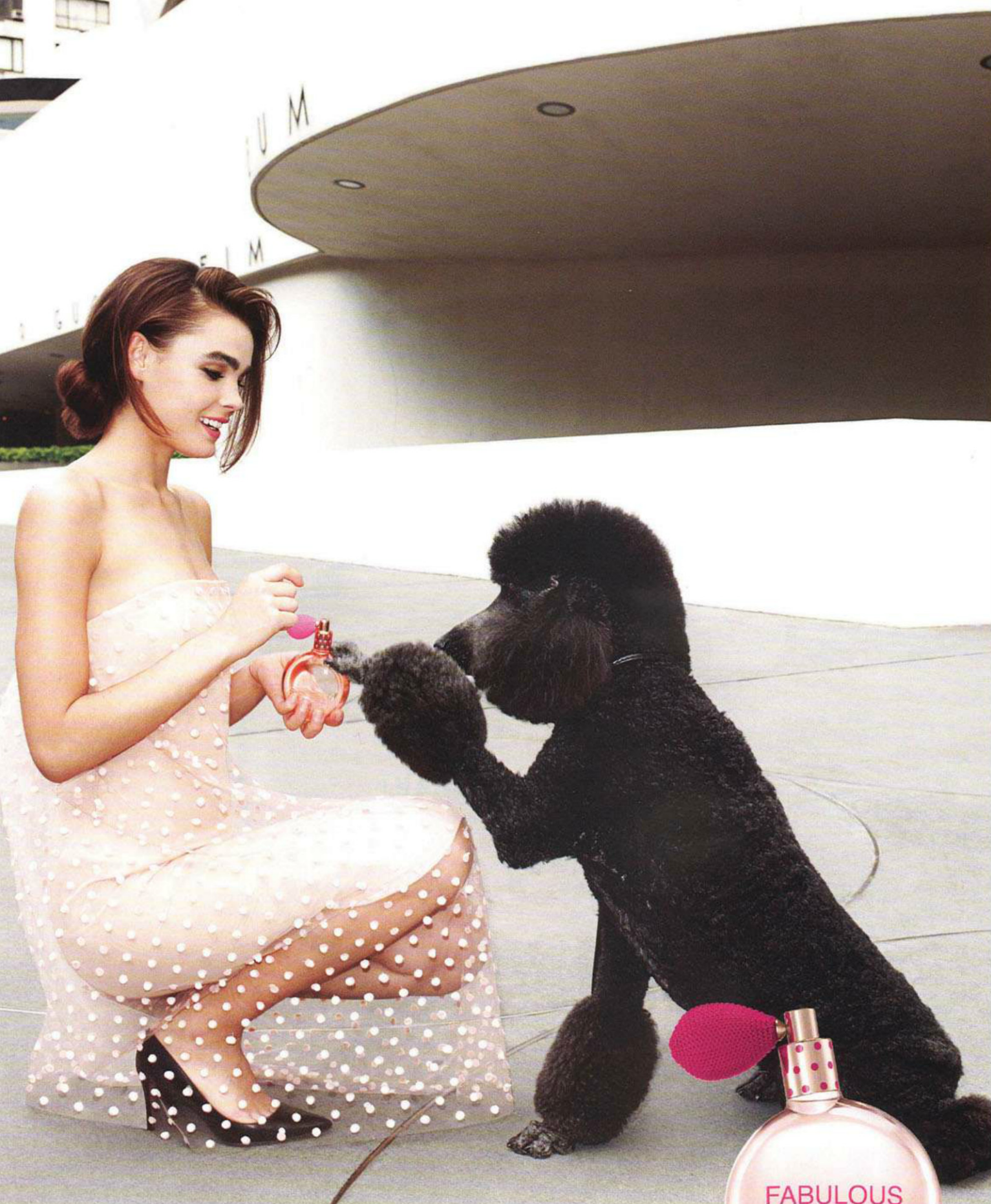
*That's what I love
about beauty routines:
Extreme is in
the vanity mirror of
the beholder.*

In New York, blowouts range from \$40 to \$60, and as a general rule, they're great for morale. Surprisingly, there is not a single girlfriend of mine who has folded the blowout into her regular beauty routine. It's relegated to special occasions. Apparently my cronies are a skewed sampling, because blowout salons are so popular that they're springing up all over the city. Rachel Zoe has even gotten in on the action with her DreamDry salon.

This past October, the *New York Post* published an article about tribes of women who convene on such blowout spots several times a week. One recent college grad copped to sinking 15 percent of her annual salary into her fight against flyaways. Personally, I can't help but raise an eyebrow, but it's harder for me to sniff at Nora Ephron's line that she scheduled twice-weekly blowouts because it was "cheaper by far than psychoanalysis." I'm inclined to believe pretty much everything that woman has ever said. But then again, I don't go to a psychoanalyst either, and I probably should.

According to my best friend, I have to recuse myself from weighing in on the blowout debate anyway, because I don't have curly hair that is insanely sensitive to barometric pressure. Fair play. But aside from money, class, race, and genes, when does all of this outsourcing become a question of delusional standards? Or preapocalyptic excess? Well, consider this: The scissor-free tonsorial tasks don't end at Drybar. There's also Barrett's Braids at the John Barrett Salon perched atop Bergdorf Goodman. A professional plait in a pinch sets you back \$50, and the grand opening didn't lead to rioting in the street or derisive newspaper editorials. No, it gave rise to the invention of a sister service—Barrett's Ponytail Bar.

Yep, you heard that right. A Ponytail Bar. Cue screech-



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ing brakes and roused rabbles. Granted, these are not generic ponytails where you flip your head over, messily snap a tie in, and grab some bobby pins to fix stray bumps. They're expert tails that can range from a languid nape-of-the-neck side situation to a perky yet impossibly sleek high pony. But are we really cool with professional-grade ponytails becoming the new normal?

It's one thing if you're famous and mercilessly scrutinized by the entire Internet or on a morning show for which your call time is 3 A.M., but a fishtail milkmaid braid for a Wednesday afternoon at your desk seems excessive. If we really let ourselves go there, I worry that it's only a matter of time until our biceps atrophy and our fine motor skills are shot from this upstairs/downstairs grooming. One day, all we'll require is working thumbs to slide credit cards from wallets and flip magazine pages as other humans—arm muscles gleaming—fix us up.

Fortunately, if I *do* go there, I don't tend to tarry very long. We all have varying standards and specific insecurities that plague us in countless permutations, so it's generally a good idea to desist with the gavel thwacking when it comes to what each of us considers all right. That girl with the high side pony with a shaved undercarriage and rainbow-colored-cheetah-spot manicure is just doing her best. So are you.

Me, I lean toward being lazier and more revolting than most. I would not pay money for a braid, but I'm not outraged about the idea either. If I were totally honest—and what better place for honesty than the pages of a national consumer magazine?—I would admit that I wish I could pawn off *more* verbs to other people. Especially since the economies of scale would allow them to outfit their facilities with the best tools and materials.

I may scoff quietly at the idea of a Ponytail Bar, but a Smoky Eye Bar? Well, wait one little minute. I will never master the shadow gradient because my forebears' alleles did not furnish me with an eyelid fold (but they did throw me some color blindness). Friends have suggested I waltz into a M.A.C. store during downtime and pick the black-clad technician with the pointiest hair to do it for me, but I refuse to request the service under the pretense of purchasing product. That's not cool with me at all—go figure. How about stand-alone salons with an official, laminated menu of greiges and gunmetals I can choose from? Fifteen dollars, no questions asked.

On another note: Will someone please franchise a giant conveyor belt with two enormous upright rolls of 3M sticky paper that would coax every animal hair from all of my nice outerwear each time I visit a friend with a cat or a dog? That's worth ten bucks, easy. Not including a tip.

And, hell, I'd love for that same magical facility to have an industrial steamer (and individual changing rooms complete with plush bathrobes) so I could hang my wrinkled work clothes up for 15 minutes before an evening engage-

ment while I flipped through glossy magazines. That's worth about \$8. Plus, if they had a frequent-customer punch-card deal, my fealty to them would be unwavering.

I would also pay someone to stick those squoval nail-art stickers on my hands, because they are pretty but maddening. Right now I'm too embarrassed to slink into my nail salon with them stuffed into my purse; I'm scared the technician will scoff and apply them in 60 seconds and

*I'm not not buying
baby medicine so
I can get ombré nails.
That would be
broken and wrong.*

I'll feel like an ivory-tower idiot. Until the service appears on the à la carte menu in the \$7 range alongside "polish change," I'm going to hold out. Apparently, some of us were just born at the wrong time.

Here's what I want most: I wish the tech nerds would get together with the fashion nerds and invent a company that would not only body-map the exact topography and girth of my physique, but also take it a step further and send me the following items in my exact size—hosiery, socks, T-shirts, jeans, and bras. They're not so much clothes as they are ingredients to a uniform, so were someone to pop these in the mail at regular intervals in basic colors, I would be receptive to a subscription.

Especially if they could also just do me the solid of investigating every single brand at each price point and telling me which are the softest, most durable, and most economical as well. The way I see it, the body-mapping should be free, provided you spend over \$300 a season. If everyone would just cooperate, then I could finally unburden myself of such trifling concerns altogether and thrive in other arenas.

Sure, we can weigh the ramifications of what all of this means for the future of civilization, or pat our backs (or pay someone to pat our backs) about how we're inventing new jobs during an economic downturn, but if I've learned anything, it's that we are all ridiculous, complicated snowflakes when it comes to outsourcing our beauty chores. Most of the rationalizations are adorable at best.

It takes a village to shellac, groom, and mollycoddle women of a certain mien, and I'm grateful to the people who take on the task. I'm cool with my hang-ups and standards and asking for help when the occasion calls for it. It's the only way I'll be free to hone my thoughts and energies into the single pursuit at which I rule—inventive, specific, public complaining. All I need is an audience. Wait, does that mean I should be paying you, too? ♦

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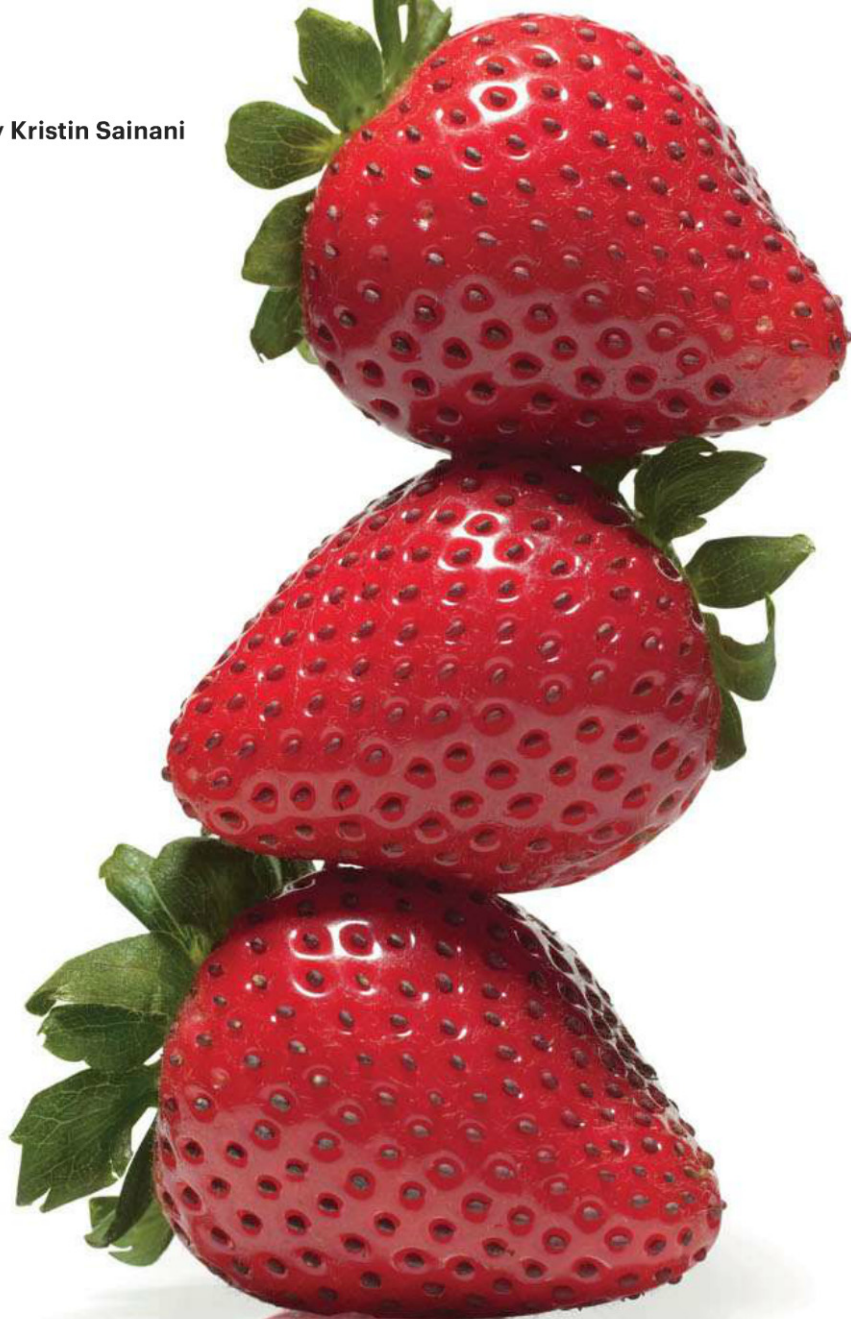
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Dandruff Fix

A new shampoo fights dandruff better than previous formulas and keeps hair soft and smooth. In a study of 58 men with dandruff, the new treatment, which has zinc pyrithione plus the antifungal agent climbazole, was twice as effective at killing scalp fungus and 50 percent more effective at reducing flaking than the standard therapy of zinc pyrithione. The enhanced formula also improved hair smoothness, even compared with a regular nonmedicated shampoo. A mix of silicones in the product coats hair and counteracts dryness that can result from zinc pyrithione, explains Graham Turner, a scientist at Unilever in the United Kingdom. Climbazole is not approved for use in the United States, but Clear Scalp & Hair Beauty Therapy shampoos contain the same silicone ingredients, he says.

Fast Fat Loss

It may one day be possible to burn fat at super speeds. The enzyme lipase breaks down fats in the body, but researchers in Denmark recently discovered that individual molecules of the enzyme spend most of their time in a state of inactivity. “It was surprising that the enzyme’s efficiency does not fluctuate. Rather, what determines its working powers is how much time it spends on or off,” says Dimitrios Stamou, a professor of chemistry and nanoscience at the University of Copenhagen. The investigators then figured out how to flip lipase’s energy switch to keep it turned on three times longer—45 percent of the time as opposed to 15 percent. So far, the researchers have only manipulated lipase in the laboratory, Stamou emphasizes, but they are looking for drugs that could yield similar effects in the human body.



Strawberry Shields

The berry may be a surprising source of skin protection.

Green tea and strawberry extracts may treat or prevent skin cancer. Christine Dufès, a senior lecturer at the University of Strathclyde in Glasgow, and other scientists created an injectable therapy by encapsulating an antioxidant from green tea (EGCG) in parts of cells that can recognize tumors. When they gave it to mice that had skin cancer, 40 percent of tumors vanished and another 30 percent shrank. In another study in Europe, human skin cells treated with strawberry extract, which contains antioxidants called anthocyanins, developed less DNA damage after UVA exposure than cells treated with a placebo. Studies of different cancers have indicated that consuming green tea or strawberries may be beneficial, but the injectable system (which needs to be tested on people) enables delivery of the active compound specifically to cancer cells, Dufès says.

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Love Handle

New research has identified a key to relationship happiness.

People who have a self-accepting attitude may have better relationships. In a study headed by Kristin D. Neff, an associate professor of educational psychology at the University of Texas at Austin, people felt more satisfied with their relationship when their partner had a high level of self-compassion (being understanding and forgiving when experiencing personal flaws or challenges).

Self-compassionate people felt more worthy and happy, and their partners saw them as more supportive. (Women tended to be more self-critical than men.)

“Being kind to yourself translates to being kinder to those you love,” Neff says.

FLIRTING TO WIN

When bargaining, women may worry about being stereotyped as too nice or too tough. Now it seems that feminine charm may confer an advantage. When volunteers imagined they were a seller haggling with a woman named Sue, men—but not women—gave Sue a better deal when she was said to smile, look the seller up and down, lean forward, touch the seller’s arm, wink, and ask playfully for the best price, as opposed to being polite, serious, and direct. If the findings seem dispiriting, they may also be empowering. Flirting comes off as self-interested and strong, explains lead study author Laura Kray, a professor at the business school of the University of California, Berkeley.

Anxious Eaters

It’s not just anxiety, but fear of its symptoms—pounding heart, rapid breathing—that can trigger an eating binge. People who often lose control of their eating tend to be highly sensitive to those bodily sensations and may use food to cope, suggests research led by Lindsey B. DeBoer, a clinical psychology doctoral candidate at Southern Methodist University in Dallas. But moderate exercisers binged less than those who did vigorous aerobic exercise or none at all. That may be because some binge eaters work out intensely as a way of compensating, DeBoer says—or moderate workouts may build tolerance to stress or to the physiological effects associated with both anxiety and exercise.

allure.com: More on happiness, image, and success is at allure.com/go/mood.

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Eye, Caramba!

It predates Christianity by 4,000 years. It can be tied to Cleopatra, ancient Greece, and the Holy Roman Empire. It's referenced in the Bible. And it is the most popular makeup product in the world. But just when we thought we knew everything there was to know about mascara, a new generation was born. There are mascaras for tiny hairs. There are wands for the inner corners. They lengthen, thicken, volumize, curl, or, more likely, do all of the above. And clumpy, spidery lashes? They're ancient history.

What Makes a Great Brush

You don't usually get to see mascara wands magnified a hundred times. But when you do, there are things to examine: shape, size, length, and what those weird fanlike things are for. —ELIZABETH SIEGEL

Avon Super Drama Mascara

The quirkiest wand we've seen isn't just a novelty. Each surface and gap was engineered to volumize and define.

Maybelline New York The Rocket by Volum' Express Mascara

The key to making lashes look full is applying more mascara to the base than to the tips. This wand makes that easy.

Lancôme Hypnôse Star Show Stopping Volume Mascara

There are four sides to this brush, but you only need to use two of them for long, fluttery lashes.





MICHAEL THOMPSON

Chubby Stick
Moisturizing Lip
Colour Balm in
Mighty Mimosa by
Clinique. Makeup:
Polly Osmond.
Prop stylist: Mary
Howard Studio.
Model: Olga
Maliouk.ittings
editor: Paul Cavaco.

What the Pros Do

Celebrities' eyelashes look nothing like yours. Or ours. (Or, if we're being honest, their own.) That's because makeup artists never just swipe. They layer. They mix. They use out-there tools. Brace yourself for some very high-maintenance tricks. —E. S.

- **They combine black and brown mascaras.** And no, it's not the same as wearing a black-brown formula. "I apply black from the roots to three quarters up the lashes, and then coat the tips with brown," says makeup artist Molly R. Stern. "The diffused color makes lashes seem naturally thick and long." Adds makeup artist Pati Dubroff: "[Makeup artist] Tom Pecheux was the first one to talk about how all the pros use black on the top lashes and brown on the bottom. We were all like, 'No! Why is he giving away our secret?'"
- **If two mascaras sounds like a lot, skip this tip:** "I use at least three or four mascaras," says Dubroff. Her cocktail: Full brushes (like Lancôme Hypnôse Star or Dior DiorShow) for the longest upper lashes; a thin brush (Maybelline New York Lash Discovery) for the inner corners and lower lashes; and a precise wand (Chanel Inimitable) to separate. Phew!
- **Then there are the naturalists.** Makeup artist Diane Kendal brushes eyeliner pencil between the lashes when she wants a minimal look. "I take a stiff, angular eyeliner brush

and crisscross it over a creamy black Nars or M.A.C. eyeliner pencil," says Kendal, who then pushes the brush into the roots of the lashes.

- **A lot of celebrities wear colored mascara.** Specifically, Chanel Inimitable Intense in Rouge Noir. "I do black mascara on the upper lashes and burgundy over the tips," says Dubroff. "It brings attention to the eyes, even though it's really subtle."

• **Tiny, fan-shaped makeup brushes work really well on the lower lashes.** "They're more precise than mascara wands," says makeup artist Jillian Dempsey. She swipes Shiseido Makeup Waterproof Mascara on the back of her hand, dips the brush into it, then presses the brush against the base of the lower lashes.

- **Other (oddball) tools: matchbooks, hotel-room keys, and playing cards.** They all help control how much mascara goes on. "I cut an arch into a playing card so it fits against the lash line," says makeup artist Mally Roncal. "Holding it against the lashes allows me to build volume without getting clumps or mascara on the lids."

5

Mascara Mistakes

So you think you know how to apply mascara? OK, you probably do. But there are still pitfalls to avoid. —E. S.

- **Piling on 50 coats.** Or even five.

Most mascaras are only meant to be layered twice. "The more you put on, the more likely it will dry mid-application," says makeup artist Kate Lee. When you put fresh mascara on top of a stiff coat, it's going to clump and look spidery.

- **Pumping the wand.** All that extra air in the tube causes clumps and flakes—which turn into clumps and flakes on your lashes.

• **Holding on to it.** If you can't remember when you bought your mascara, toss it. The germs that grow in old mascaras can cause redness, itchiness, and even sties or pinkeye. Yup, we made that face, too.

- **Exposed roots.** If you carefully wiggle your mascara at the base of your lashes, you get a gold star. Everyone else: Start doing it. "If you don't get mascara at the roots, your lashes look shorter than they are," says Kendal.

• **Too much muscle.** Press too hard at the base, and "you get brush marks on your lids. And it looks like you put mascara on in a car," says Dempsey. Clean up mistakes with a Q-tip dipped in makeup remover.

There's a Mascara for That

Choosing the right mascara is a little like choosing the right workout: Do you want to lift or elongate, or are you just here to bulk up? Makeup artist Troy Surratt helps us find a mascara for every possible effect. —CATHERINE Q. O'NEILL



FEATHERY

For lashes that are long, soft, and natural-looking, try **CoverGirl Clump Crusher by LashBlast Mascara**. The flexible wand rakes through lashes and, as promised, doesn't leave a single clump.



DOLL-LIKE

After curling your lashes, sweep on two to three coats of **Chanel Le Volume de Chanel mascara**. The fast-drying formula holds the bend in place all day.



THICK AND HEALTHY

Too Faced Better Than False Lashes works in three steps: First you coat the lashes. Then you swipe on lash fibers. Then you coat again. More trouble than it's worth? You won't think so when you look in the mirror.



LONG-WEARING

Revlon ColorStay Overtime Lengthening Mascara won't clump, flake, or dry out your lashes—for hours. "It has a pretty, soft look," Surratt says. Flip side: You'll need a good eye-makeup remover.



LONG AND LUSH

The 200 bristles on the thick and bushy **L'Oréal Paris Telescopic Shocking Extensions Mascara** wand don't miss a single hair, creating impossibly long, fanlike lashes.

From the Runways

This season's standout lashes don't come straight from a tube. Makeup artists used a variety of ingredients and techniques (and sleight of hand) to create the following captivating looks. —c. o.

3.1 Phillip Lim

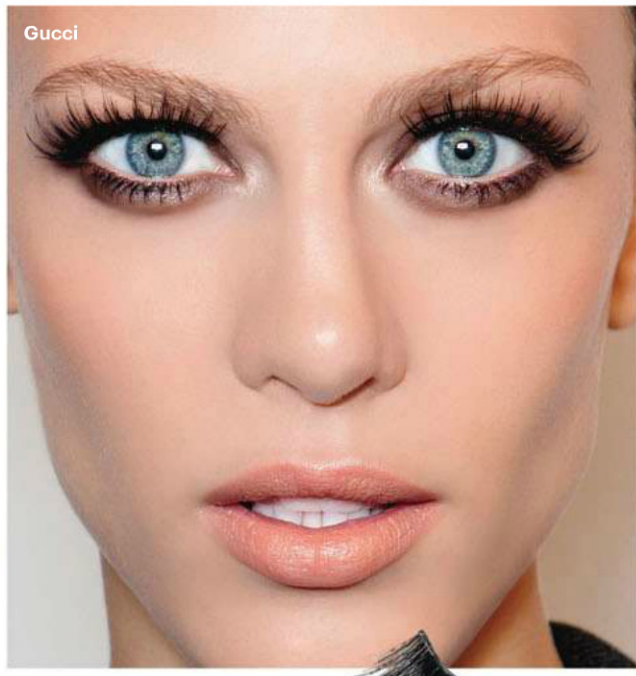


Bohemian

For deliberately spidery lashes, makeup artist Francelle Daly didn't hold back. "I'm not kidding—there are ten coats of mascara," said Daly, who swept on two coats, curled the lashes, and kept layering for a spiky, clumpy effect.



Gucci



Top-heavy

Makeup artist Pat McGrath describes lush lashes as "glamorous and fun." She got the party started at Gucci with two strips of false lashes (like Ardell Double Up lash strips) and multiple coats of volumizing mascara.



Donna Karan

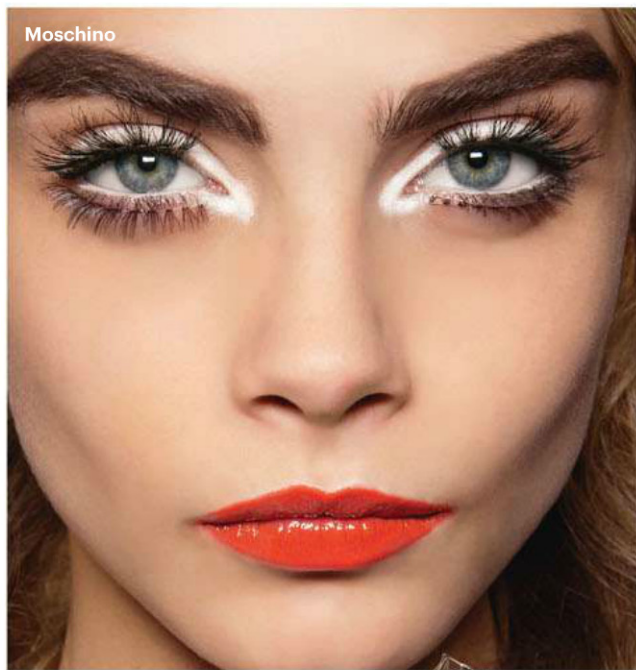


Brazen Color

Makeup artist Charlotte Tilbury created pink mascara by rolling a clean spoolie brush over pink cream eyeshadow (M.A.C. Chromaline eyeshadow in Process Magenta). She swept it all the way through until the shade appeared prominently.



Moschino



'60s Mod

It took two sets of false lashes to achieve the "60s meets Lana Del Rey" vibe at Moschino. Makeup artist Tom Pecheux glued spidery strips (M.A.C. 35 Lash) on the upper lash line and wispy ones (M.A.C. 33 Lash) on the lower.



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P!NK is wearing Jumbo Gloss Balm in Haute Pink Twist,
Outlast Stay Brilliant Nail Color in Ever Bloom & Bronze Beauty to create her nail look.

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Lash Special





When to Go Waterproof

Makeup artists Dick Page and Kate Lee go head to head—or rather lash to lash—on the pros and cons of waterproof mascara. —c. o.

Pro

Lee: I use waterproof mascara for weddings, award ceremonies, or if the celebrity I'm working with is prone to tears. Waterproof mascara dries very quickly—so if you have particularly straight lashes and you curl them, one coat will fill in and hold the curl in place. Some of the new, more emollient waterproof formulas give lashes a supple quality and are less likely to flake than previous formulas. And if you're worried about the mascara drying out—or even if you're not—be careful never to pump the wand in the tube. And always make sure to toss it after three months.

Con

Page: Unless you're a synchronized swimmer or Audrey Hepburn in the last scene of *Breakfast at Tiffany's*, you don't need it. Maybe the real issue here is applying too much. Wipe the wand of a regular mascara with tissue, wiggle it at the roots, and draw it through the lashes. And steer clear of moisturizing primers and cream shadows, which break down mascara. Once waterproof mascara smudges—which can happen—it's like tar on the beach. Good luck getting rid of that. If it's a wedding you're worried about, the bride is supposed to look like she's crying—it's natural. If you're really an excessive weeper, get a good, glamorous hanky. Try an Hermès.

During the New York, Milan, and Paris fashion shows, M.A.C. went through 250 tubes of mascara.



Time for Takeoff

Now that you have all these pro tricks for applying mascara, here's how to remove it: Saturate a cotton pad with a gentle makeup remover (like Klorane Soothing Eye Make-Up Remover) and press it over the eyelid for a full ten seconds to break down the mascara. Then, instead of rubbing and tugging, gently wipe the pad down and out to avoid losing any lashes or pulling on the skin around the eye. —c. o.

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P!NK's Ombre nails created with Black Diamond, Perfect Penny, and Midnight Magic.

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BEST PRIMER

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REVLON CRAZY SHINE™ TO GO NAIL BUFFERS

BEST CHEAP THRILLS, MAKEUP

Give nails an instant salon-quality gleam with these portable nail buffers in fun shapes and colors.

For more information, visit REVLON.COM.

Directory

February 2013

Andrea DeSimone
applies an all-natural
mask in New York City.

Happy Face

We review facialists from New York City to Los Angeles. Get more recommendations for salons and spas across the country at allure.com/salon-spa-reviews.

New York City Andrea DeSimone

224 Fifth Ave.,
646-330-0768

We had a new baby—and the dark circles to prove it. Desperate for some coddling of our own, we booked an appointment with DeSimone, who has a reputation for healing fragile complexions. We told her we were nursing, and she prescribed a facial with natural products “safe enough to eat.” She then lulled us to sleep with a 30-minute face massage, mixed a yogurt-and-flaxseed mask on the spot, and performed imperceptible extractions. As we left, we marveled at the difference: We’d arrived sallow and drained but departed radiant and relaxed. \$150.

★★★★★

DAVID STESNER

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Shibui Spa at the Greenwich Hotel

377 Greenwich St.,
212-941-8900

Like a beautiful woman, the Shibui Spa wants to be respected for its mind, too. We did, but first we couldn't stop gawking at the indoor pool—a stunning lantern-lit grotto—which we soaked in until we pruned. When we were ready for our facial, our aesthetician led us to a treatment room, where she coddled our skin with biopeptide creams, an antioxidant-rich mask, and mild extractions. By the end, our glowing complexion had never looked more beautiful—or more brilliant. \$175 and up. ★★★★★

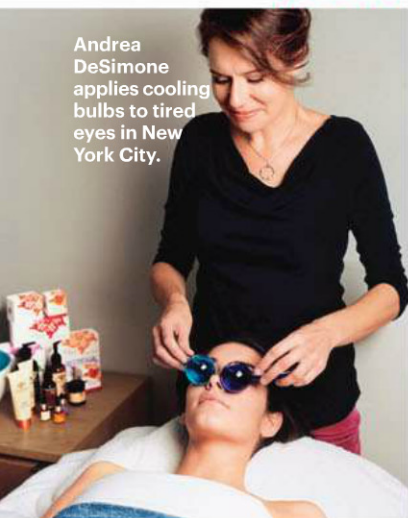
Boston

Pyra Spa and Salon

104 Mount Auburn St.,
Cambridge, MA,
781-270-9200

Our skin felt so tight and dry, we flinched at the very thought of extractions. But our aesthetician promised to tread lightly. She washed our face with a milky cleanser and gently loosened flakes with a fine scrub. Our skin looked so refreshed, it was hard to believe it had ever hit a rough patch. Elemental Nature Facial, \$95 and up. ★★★★★

Andrea DeSimone applies cooling bulbs to tired eyes in New York City.



Washington, D.C.

Skintelligence

Mali Amini

421A Church St., Vienna, VA,
703-255-7237

Amini first won us over with compliments (“Your skin is so lovely!”), then made us cringe after microdermabrasion, showing us the gunk collected in the machine’s filter—not a pretty sight. But things took a more appealing turn when she cocooned our hands in paraffin-lined mitts and kneaded our arms and shoulders. After a graceful progression of cleansers, creams, and a peel, we left with pores so spotless and tight, we couldn’t see them even if we wanted to. \$70 and up. ★★★★★

Miami

La Fenice Salon & Spa

Lillian Samardzic

3333 Rice St., Coconut
Grove, FL, 305-460-0800

Samardzic’s traditional methods struck just the right chord. She made our skin pliable and soft with a few puffs of steam, then dislodged the blackheads from problem areas, such as our chin. To temper redness, she applied a cooling mask, then treated us to a massage, moving seamlessly from our temples to our chin. But the real high note? No postfacial breakouts. \$135 and up. ★★★★★

Detroit

Deyo Studio for Face and Body

Karen Edwards

576 N. Old Woodward
Ave., Birmingham, MI,
248-203-1222

When aestheticians flit off to another client—leaving us supine and stiff in a clay mask—we can’t help but feel neglected. During our 75-minute session with Edwards, she re-



Mild electrical currents tighten and brighten at Tracie Martyn Skin Care Salon in New York City.

Tracie Martyn Skin Care Salon

Tracie Martyn

101 Fifth Ave., New York City, 212-206-9333

Martyn likes the color purple. Hints of it decorate every inch of her plush studio. But the new Purple Ray facial here is anything but frilly. Designed specifically for clients and celebrities (such as Kate Winslet and Julianna Margulies) who want to tackle signs of aging as well as the occasional breakout, this treatment gets its name from the simultaneous use of red and blue LED lights, which speed cell turnover and kill bacteria. After we spent 20 minutes under the rays, Martyn applied a hydrating mask, then ran noninvasive electrical currents over our face to boost circulation. To finish, she spritzed on a refreshing, peptide-rich oxygen mist. The result of all the effort: an immediate improvement in our skin’s tone and texture. \$300 and up. ★★★★★

mained by our side. After exfoliating, she moved on to extractions, using a touch so light that we floated right through them. She depuffed our eyes with a cucumber balm, then unfurled every knot in our shoulders. In the end, the only things that pulled a vanishing act were dullness and blackheads. Custom Organic Facial, \$120 and up. ★★★★★

Chicago

Soulistic Studio & Spa

805 N. Milwaukee Ave.,
312-226-7685

We arrived 15 minutes late for our appointment, flushed, sweaty, and full of excuses. Our aesthetician thawed our tension with a rhythmic face

massage. To soothe our sensitive skin, she rubbed on a slippery blueberry cleanser and two hydrating masks (rose and pumpkin), then swaddled our feet in a warm towel. By extraction time, we were too comatose to feel so much as a pinch. An hour later, we left with inner peace and an outer glow. \$90 and up. ★★★★★

Houston

Life Time MediSpa

815 Town & Country Ln.,
713-630-8424

When we heard that this spa had acquired a HydraFacial machine—a gadget that deep-cleans, exfoliates, unclogs pores, and hydrates skin in a matter of minutes—we eagerly booked the next available ap-

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ENCOUNTERS
are the
BEST
KIND.

scope

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**FRESH
BREATH
YOU CAN'T
DENY**

pointment. Our aesthetician shared our enthusiasm, explaining every step of the process. One by one, she applied layers of cleansing, brightening, and moisturizing products and drove them in with the machine's wand. Our skin had a healthy pink hue, but our color drained when we saw the bill. Sorry, *how* much for a 30-minute session? \$149 and up. ★★★★★

Seattle Spa Noir

2120 Second Ave.,
206-448-7600

We take facials seriously, so when we're asked to complete a form prior to our treatment, we fill it out faithfully. Too bad no one here seemed to have read it. We wrote that the blackheads on our chin were our principal concern, but our aesthetician skipped over them entirely. She went through the motions, washing, exfoliating, and moisturizing with mechanical efficiency, remaining tight-lipped throughout. This is one place that overlooks the details—even when they're written all over our face. Eminence Biodynamic Facial, \$85. ★★★★★



Piele Skin
Boutique in
Beverly Hills

San Francisco Kim Pfabe's Sugarcane

Kim Pfabe

46 S. Park Ave., 415-400-4022

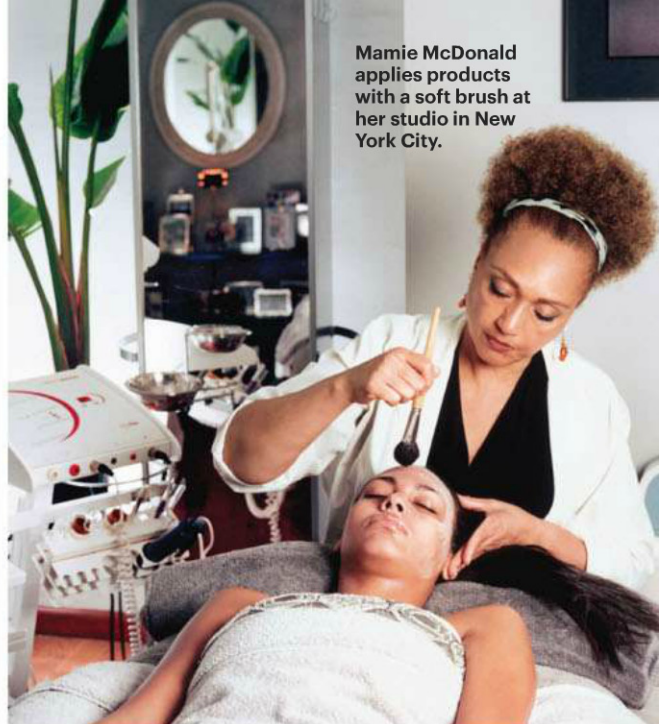
Normally we bring makeup with us to a facial so we can disguise the red aftermath of extractions. But Pfabe asked us to come with our entire skin-care regimen in tow. As she sorted through our myriad cleansers, masks, and prescription acne creams, she told us the harsh products were forming dry layers and "suffocating" our skin. That seemed a bit melodramatic, until she launched into microdermabrasion, erasing drab buildup right in front of our eyes. To quench our complexion, she swirled on hydrating serums and masks, then reduced inflammation with mild electrical currents. The best part? She showed us how to correctly use our products rather than pushing her own. 75-Minute Facial, \$210. ★★★★★

Los Angeles Piele Skin Boutique

Tina Prande

9721 Little Santa Monica
Blvd., Beverly Hills, CA,
310-717-8462

Most women reach a point in life when they must accept the truth: Froufrou facials just don't cut it anymore. That's where Prande comes in. After rinsing off peptide-rich creams and using a motorized brush to apply a grapefruit scrub, she passed a high-frequency wand over our face to help speed healing and neutralize bacteria. We emerged with noticeably brighter, smoother skin, and a week later, our blemishes were nonexistent. Prande really does mean business. \$130 and up. ★★★★★



Mamie McDonald
applies products
with a soft brush at
her studio in New
York City.

Skin by Mamie

Mamie McDonald

315 Fifth Ave., New York City, 212-260-9372

Our dark complexion can handle adventurous makeup shades, but it rejects even the most timid skin products, turning rough and riled from face washes and fine scrubs. McDonald assessed the damage—dehydration and mild eczema—then got to work remedying it. After steaming, she performed a few extractions on our nose, then applied a creamy peel to draw gunk from more sensitive areas. We left with zero signs of irritation, and our face positively glowed—no electric pink lipstick necessary. \$185 and up. ★★★★★

Belladonna Face and Body Clinic

Mihaela Corcoz

230 S. Robertson
Blvd., Beverly Hills, CA,
310-360-6300

When Corcoz said regular facials are "as important as flossing," we braced for extractions more relentless than a teeth cleaning. But her tough talk belies a light touch. She smoothed on serums before gently pinching out blackheads. We left with a luminous complexion that made us smile ear to ear. \$120 and up. ★★★★★

Tikkun Holistic Spa

Dayle Breault

1460 4th St., Santa Monica,
CA, 310-319-1111

When Breault kicked off our facial with a Himalayan crys-

tal massage to "release negative emotions from our chi centers," we contemplated a quick exit. But things came back down to earth when she used a microcurrent tool to tighten pores and increase collagen production. Next came a rainbow of LED lights. The facial was unorthodox, but our complexion was clear, glowing, and virtually lineless. That's the last time we judge a book by its...crystals. \$225 and up. ★★★★★

Reported by: *Allure* staff, New York City; Nicole Boudreau, Boston; Adrienne Wichard, Washington, D.C.; Nikki Novo, Miami; Katherine Richard, Detroit; Nicole Pearl Kaplan, Chicago; Holly Crawford, Houston; Lisa Stasiulewicz, Seattle; Cristina Mueller, San Francisco; and Natalie Toren, Beth Whiffen, and *Allure* staff, Los Angeles.

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"THIS LOOK? HAUTE."

Liya Kebede

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Liya is wearing Colour Riche Eye Shadow in Black Pump (934)
and Colour Riche Caresse in Satiny Cocoa (182).

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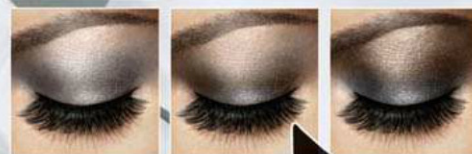
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Barbara Palvin

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Barbara is wearing Colour Riche Caresse Wet Shine Stain in Pink Rebellion (189).

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Blanca is wearing Colour Riche Nail in
Royalty Reinvented (107) and
Colour Riche Lipcolour in Velvety Fuchsia (173).

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BARE PERFECTION**

MAGIC
SKIN BEAUTIFIER

B.B.
CREAM



4
BEAUTIFYING
ACTIONS

- **HYDRATES**
- **PRIMES**
- **PERFECTS**
- **CORRECTS**

MAGIC
SKIN BEAUTIFIER

B.B.
LIGHT

B.B. CREAM

4 BEAUTIFYING ACTIONS IN 1
PRIMES, PERFECTS,
HYDRATES, CORRECTS

IN 4
TRANSFORMING
SHADES

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**"I ONLY WANT TO BE
PERFECTLY ME."**
Doutzen Kroes

Doutzen is wearing B.B. Cream Light.
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Beauty & the Beat

Gray, Grayer, Grayest

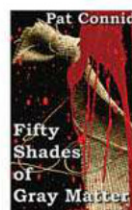
When E. L. James wrote *Fifty Shades of Grey*, she couldn't possibly have known that Christian fundamentalists, poultry lovers, and every demographic in between would produce fan fiction in response to her X-rated fan fiction. By Danielle Pergament



50 Shades of Black and White: A Biblical Response to 50 Shades of Grey

Under the Covers: A meticulous, 108-page Christian rebuttal—and literary cold shower—that uses Scripture to scare the pants back on you.

Dirty Talk: “If you wouldn’t want your parents or Jesus in the room, then you shouldn’t be there either.”

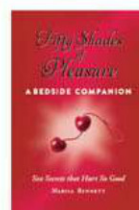


Fifty Shades of Gray Matter

Under the Covers:

Sort of like the original—only set in Atlanta instead of Seattle, with the undead instead of people, and zombie antics in place of hot sex.

Dirty Talk: “I’ve always had a heightened sense of smell.... Like I can tell that, if you’ll forgive me, one of you ladies is a little aroused by my very presence.”



Fifty Shades of Pleasure: A Bedside Companion

Under the Covers:

An earnest sex manual with tips on spanking, bondage, and other activities you will likely never want to trudge through again.

Dirty Talk: “There are plenty of ways to tie up your partner, but you can’t beat the tried-and-true spread-eagle position.”



Fifty Shades of Chicken

Under the Covers:

An overheated cookbook written from the point of view of an aroused dinner fowl, full of photos of birds in compromising positions.

Dirty Talk: “‘What are the safe words, Chicken?’ ‘Golden,’ I mumble, ‘if I’m approaching doneness.’ ‘And?’ he prods... ‘Black, if I’m in danger of drying out.’”

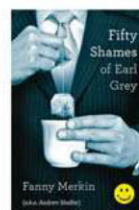


Fifty Shades of Gay

Under the Covers:

What gay porn would be if written by a 10-year-old girl with pigtails and pink unicorns on her dress.

Dirty Talk: “My breath hitches in my throat. *This is so hot!* And who knew that he’s as attracted to me as I am to him? Gosh, *life can be surprising*. I just want to make him into a cookie.”



Fifty Shames of Earl Grey

Under the Covers:

A businessman named Earl Grey seduces a virginal protagonist. Just like the original but *intentionally* funny.

Dirty Talk: “I shake his hand, and feel the jolt of electricity again from him. He laughs and raises his hand to show me the joy-buzzer in his palm. What a prankster!”



Pucker Punch

Pick a lip color. And then another. And then another. Don't stop until the effect is slightly futuristic, strangely beautiful, and cool as hell. By Sophia Panych

These lip colors are not for the timid or the hurried—or the thirsty, for that matter. The attention to layering that makeup artists typically focus on the eyes has moved south. “For the first time backstage, I spent more time on the lips than on the lids,” said Diane Kendal at the Jason Wu show, where she created a dazzling red that couldn’t have come out of a single tube. These looks require multiple shades, products from an art store, and, yes, diligent attention. Daunted? Don’t be. There’s a serious payoff (not to mention shortcuts). So please do try these at home—then sip your celebratory cocktail through a straw.

Gilt Group

Makeup artist Francelle Daly feathered bronze powder over red lipstick. For a similar effect, fill lips with red liner, make a kissy face, and tap a copper lipstick in the middle.

Silk crepe coat by Calvin Klein Collection. Necklace by Delphine Charlotte. Makeup colors: LipPerfection lip liner in Passion, LipPerfection Lipstick in Temptation, and Outlast Stay Brilliant Nail Glosses in Wine at Five and Lasting Love by CoverGirl. These pages: Makeup, Francelle Daly; hair, Bob Recine; manicure, Jin Soon Choi of Jin Soon Natural Hand and Foot Spa. Model: Bette Franke. Fashion editor: Paul Cavaco. Details, see Shopping Guide.

PHOTOGRAPHED BY RICHARD BURBRIDGE

So Very Special

You don't need to be a pro to create some cool special effects of your own. All you need are the right products.



Obsessive Compulsive Cosmetics Lip Tar in Triptych. This gold pigment dries quickly, so act fast. Pat a drop over red or burgundy lipstick for a gilded effect.



NYX Roll On Shimmer in Salmon. Roll this rose-gold shimmer over your everyday pink, nude, or rose lipstick for a subtle glint.



Face Stockholm Glitter Gloss in Mane. With fine flecks of silver suspended in clear gloss, it's the glitziest lip gloss we've ever seen.



Glitzylips foils. Paint on the adhesive. Once it dries, lay the foil across your bottom lip, run your finger over it, and pull the strip off. Fill in the rest of your lips with a berry lipstick.



Inglot lip gloss in 542. This gloss produces an iridescent effect—when swiped over the right color. We found plum and black showed off the full spectrum.



M.A.C. Pigment in Cheers My Dear. This icy metallic can look girly (over light pink) or edgy (over darker wine hues). Use your fingertip to press it on.



CoverGirl BlastFlipstick in Stunner. This dual-ended lipstick makes layering simple. Spread on the coral, then smudge the gold in the center of your lips.



Make Up For Ever pigment in No. 12. Dip a brush into the powder and tap off any excess before patting it on your lips. The neon pink gives classic red or poppy pink an electric quality.



Mehron Paradise Glitter in Dynamite Red. Top your lipstick with clear gloss to give the flecks something to cling to. Use a cotton swab to press the glitter evenly over lips.

Recipe for Red

At Jason Wu, Diane Kendal combined nine products to create one "strong, sexy, Helmut Newton-inspired mouth." Here's the math.



1 Rosebud Salve to prep lips **2** Malin + Goetz Lip Moisturizer to fill in lines **3** M.A.C. foundation around the lips to define the edges **4** M.A.C. Lip Pencil in Cherry over the entire mouth **5** M.A.C. Lip Pencil in Vino around the edges **6 + 7** M.A.C. lipstick in Lady at Play and M.A.C. lipstick in Lush Life (available in March) mixed together **8** M.A.C. Lipmix in Magenta in the center **9** M.A.C. Neo-Orange Pigment to set the other products



Purple Haze

Daly painted liquid lipsticks side by side, placing fuchsia in the center and violet around it. Next she swiped on pink and purple glitter that comes in a clear liquid—a professional product, but glittery gloss also works.

Leather coat by Burberry Prorsum. Makeup colors: Rouge Pur Couture Vernis À Lèvres Glossy Stains in 14 and 16 and Golden Gloss in 47 by Yves Saint Laurent. Details, see Shopping Guide.

Well Red

For multidimensional, rich, and long-lasting color, Daly combined textures. She started with matte orange lipstick all over, then traced thick cherry around the perimeter. She went over it all with red and orange glosses, bleeding the colors together.

Silk georgette dress and hat from Saint Laurent by Hedi Slimane. Makeup colors: ColorStay LipLiner in Red, Super Lustrous Lipstick in Siren, and ColorBurst Lipglosses in Fire and Sizzle by Revlon. Details, see Shopping Guide.





Tip

If you want your elaborate lip look to last longer than five minutes, start with a lip primer—it will keep the pigments from bleeding, feathering, or fading.

Curls Gone Wild

If you're pining away for straight hair, don't read this. Behold, the curly-hair ten commandments: The best tips, products, and cuts for making the most of your (glorious) natural texture. **By Lexi Novak**

1 Shampoo less—or not at all. The best way to wash curly hair is with a 100 percent sulfate-free shampoo (like DevaCurl No-Poo). Sodium lauryl sulfate, the key ingredient in most traditional shampoos, is both a salt and a detergent—an effective cleanser that's too harsh for most curls. “Without enough conditioning agents, it can lift the hair's cuticles,” leaving hair dry and frizzy, says cosmetic chemist Ni’Kita Wilson. For those looking for even more hydration, consider a so-called “co-wash” formula. Co-washing (the curly community's term for washing hair with conditioner) has resulted in the rise of cleansing conditioners; we like Ouidad Curl Co-Wash, which blends water and oils in lieu of abrasive detergents. Neither approach will produce a rich, satisfying lather, but both will result in a mound of bouncier, glossier curls. For fine hair, cleanse every other day; those with thick strands can usually go three or more days without a wash.

2 Condition, condition, condition. Did we mention condition? The curlier the hair, the longer it takes for natural oils to travel from the scalp to the ends, causing the lower half to appear dry and frazzled. Start adding moisture in the shower with L'Oréal Paris EverCurl

Hydracharge conditioner, then protect and hydrate every inch with a styling product that doubles as a leave-in conditioner, such as Hair by Tippi Shorter D Tangle Spray. Just be sure to pick the right formula to deliver moisture without weighing hair down. Hairstylist Tippi Shorter, whose clients include Rihanna and Alicia Keys, recommends sprays for soft curls (we like Bed Head Foxy Curls Spray), thicker gels for medium to big curls (such as DevaCurl Ultra Defining Gel), and denser creams for crimping coils (try Miss Jessie's Curly Buttercreme).

3 Style your hair when it's sopping wet. Hands off your bath towel for just one more minute—you can stave off frizz and prevent a stiff, sticky feeling by applying products before you've even stepped out of the shower stall, says Ouidad stylist Morgan Willhite. Use your fingers to rake products through from roots to ends, then scrunch and squeeze upward toward the scalp.

4 Limit alcohol. Styling products high in alcohol give curls a “crunchy, ramen-noodle” texture—they suck up every last bit of moisture, says Lorraine Massey of Devachan Salon. Hair spray tends to contain the most alcohol,

while gels and mousses—really anything that provides hold or lift—come in second. Massey recommends water-soluble gels that don't feel sticky on your skin, and aerated mousses or foams that resemble beaten egg whites, to give hair fullness, control, and a nonbrittle boost (we like Kinky-Curly Original Curling Custard and Pantene Pro-V Silky Moisture Whip).

5 Leave it alone. The more you manhandle curly hair, the more you ruffle the cuticle, creating frizz. The key is to cut down on friction, so stop rubbing damp hair with a terry-cloth towel and instead gently blot it with a microfiber cloth (*after* you apply your product of choice). Also avoid contact with coarse winter scarves, sweaters, and coats, which can contribute to fuzziness as well, and look for satin-lined hats and hoods.

6 Don't blow-dry without a diffuser. A regular nozzle disrupts the curl pattern and focuses hot air on one small section at a time, while a diffuser dries curls evenly for a full, uniform look. After applying a heat-protecting product, flip your head upside down and “diffuse right at the roots and mid-length,” says hairstylist Jenny Balding,



Bouncy Spirals

With natural curls, "there are always pieces that are straighter," says hairstylist Serge Normant, who uses a curling iron to increase their buoyancy.

Brass necklace by Hervé Van der Straeten. Makeup colors: Les 4 Ombres Eye Shadow in Spices and Rouge Allure Lipstick in Séduisante by Chanel. Model: Heloise Guerin. These pages: Hair, Serge Normant of the Serge Normant at John Frieda Salon; makeup, Yumi Mori; manicure, Kiyo Okada of the Garren New York salon. Fashion editor: Paul Cavaco. Details, see Shopping Guide.



Swept Back

After fanning the ends apart with his fingers, Normant teased the roots, pulled back the sides, and secured them with pins.

Choker by Tom Ford. Makeup colors: Crease Proof Eye Shadow in Lasting Taupe and Revitalizing Lip Balm in Sunny Berry by Neutrogena. Model: Rianne Ten Haken. Details, see Shopping Guide.

making sure to dry the area completely to lock in volume. “Do the ends last,” and leave them only semidry, she says. “Because the ends tend to be more damaged, let them air-dry more.”

7 Throw out your brush. “Bristles fray the hair, disturb curl formation, and create a cloud of frizz,” says Massey. Use your fingers to tousle curls, and refresh wilting ones with a spritz of curl reactivator. (We like Redken Curvaceous Wind Up, but you can also make your own by combining one part of your regular conditioner with four parts tap water in a spray bottle.) Mist it all over and then gently scrunch, says Massey. Unsnag tangles with a wide-tooth pick.

8 Always get a dry cut. “Curly dry hair and curly wet hair are two absolutely different things,” says Massey. Curls retract significantly when dry; some pieces may coil tightly, while others hang a bit looser. A dry cut won’t spring any surprises—you’ll know exactly how every strand will fall.

9 Take down the heat. “Excess heat alters the proteins that give curls their spiral shape,” says Procter & Gamble Beauty senior scientist Rolanda Johnson Wilkerson. “Over time, curls become more limp.” Limit blow-drying to just twice a week, and if you use a flatiron, never go higher than 400 degrees. If you notice your curls have lost their bounce, abstain from heat-styling entirely and use a conditioning mask in the shower (like L’Oréal Paris Power Moisture Rush Mask). “Once hair is exposed to moisture, new hydrogen bonds begin to form and restore the curl pattern,” says Wilkerson.

10 Switch to a silk pillowcase. Cotton soaks up moisture from your hair, causing frizz. Cotton fibers also tug on hair as you toss and turn, which can lead to breakage, says Wilson. A silk pillowcase cuts down on friction and keeps things smooth.

What Makes Hair Curly?

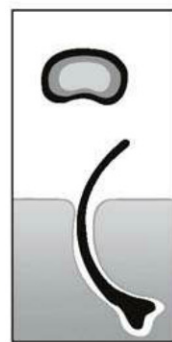
Every strand of hair grows out of a follicle, and it’s the shape of those follicles that determines your hair texture, says Chiquita White, a scientist at Procter & Gamble.



Round
A perfectly round follicle produces straight hair.



Oval
An oval follicle results in waves and curls. The flatter the ellipse, the tighter the ringlets.



Kidney
This shape creates the highly coiled textures common in black hair.

Loosening Up

Three ways to go from ballooning curls to gentle waves—without a blow-dryer.

Stretch them out: While hair is damp, apply a curl-elongating product that also provides definition and hold, such as Hair by Tippi Shorter Curly Cream. Then section hair into four large pieces. Twist each section around your finger, clip the ends with a duckbill clip to weigh them down, and let them air-dry.

Set them: After working a curl-smoothing product, like Ouidad Climate Control Heat & Humidity Gel, through wet hair, tightly twist four to eight large sections away from your

face until they coil on themselves, and wind each piece into a large bun. The larger the buns, the looser the waves. Once it’s dry, undo hair and gently rake it through with your fingers.

Shape them: Apply a heat-protective cream and let hair air-dry. Then wrap two-inch sections around a one-inch curling iron to loosen the curls. To make the style last, secure the curled sections with clips and mist with flexible-hold hair spray. Then remove the clips and run your fingers through once again to separate the waves.

Find the Perfect Cut

A head full of awesome curls starts with the right cut.

Fine:

Fine curls need balance. Shoulder-length cuts and long, disheveled bobs are your sexiest option. Request near-uniform ends (so the bottom looks full) and face-framing layers (to create the illusion of volume). Supershort cuts like pixies require too much maintenance and will be awkward when you grow them out.



Naomi Watts



Marion Cotillard

Kinky:

Tight coils are a lot more versatile than you think. “Even when it’s fine, this hair structure has a ton of volume, so take advantage,” says Willhite. You can go ultrashort, middle-of-the-road, or grow it big and wide. Just be sure to get plenty of layers scattered throughout to enhance all-over volume and prevent a stiff pyramid shape.



Solange Knowles



Viola Davis

Thick:

Long, lush, and flowing curls “look beautiful going down the back with tapering layers,” says Willhite. But don’t get carried away—curls that hang too low can become weighed down and lank. Keep them chest length, with layers that begin below the chin for extra shape. Steer clear of short cuts, like bobs, which can create a mushroom effect.



Beyoncé



Hayden Panettiere

The Rites of Springiness

One woman's obsession with curl products. By Ayelet Waldman

Last night, my husband came up behind me, buried his face in my hair, and then pushed me aside. “Weird,” he said, grimacing. “You smell different.”

“Do I smell *bad*?” I asked, horrified.

“No,” he said. “Actually, you smell pretty great. Like candy.”

His mild discomfort at embracing a wife who suddenly smelled like an unfamiliar lollipop was nothing compared to what I’d been going through while working my way through a bushel of new hair products—a project I would never have embarked upon but for my sense of duty to the curly community and, well, the offer of some cold, hard cash from this magazine. The first time I slathered on a coconut concoction created by a fellow curly-haired obsessive (and women with curls are all hair obsessives), I felt like I was committing adultery. I stared at my salon-size bottle of DevaCurl One Condition and begged forgiveness for betraying the products that had saved me from a lifetime of bad hair days. I have felt less guilt about flirting with strange men at parties; I think I might feel less guilt if I went ahead and slept with a strange man. I mean, sex is just sex. But hair? That’s something else altogether.

Volumes have been written on the travails of the curly-haired female. Documentaries have been filmed. I myself came to my chosen curly path after decades of painstaking research, when sent by this very magazine to the Devachan flagship salon in New York City. I’ve been loyal ever since, but for a brief period when online retailers started shipping fake products (like we wouldn’t notice!) and I took my business to MopTop, which I didn’t like quite as well. My family still jokes about the time I had a sommelier friend hover over a dozen bottles of DevaCurl One Condition (I buy in bulk), inhaling deeply and trying to discern the presence of chemical adulterants.

You know the way new mothers can pass hours trading details of breast-feeding and sleep training, no matter how little else they have in common? Let me put it this way: If I came upon a curly-haired member of the Aryan Nation with an “Abortion Is Murder” bumper sticker slapped across her ass, I’d first tell her how to add body to curls before telling her to get her laws off my body.

For this assignment, I recruited a veritable America’s Test Kitchen of curly girls to bravely try out unfamiliar products. There’s my friend Peggy, with a head full of enviable Jewish-girl ringlets. Peggy is a naturallycurly.com type 3b, Curly Spirally, leaning toward a 3c. (If you’re a curly girl who’s never heard of this website, then I apologize for the job and the marriage you’re about to lose as you spiral into a vast chasm of Internet time-wasting.) Brandy, another tester, is a mixed-race 3c, though I think she’d be a 4b, Coily Crimpy, if she took the plunge and stopped straightening. Xia is an

African-American 4c, Coily Ziggly, with dreadlocks.

In the interest of public service, my curly testers and I spent two weeks smelling weird and looking weirder. Mixed Chicks and Paul Mitchell? I blame you for the look of horror on the face of that cute guy on the United flight from SFO to Boston. I made the same expression when I finally looked in the mirror. MoroccanOil Curl Defining Cream? The point is to suppress frizz, not create it. Although, I have to grant you that Xia said the MoroccanOil Treatment made her dreads soft as silk. Kinky-Curly Original Curling Custard (twirled, not scrunched) is Peggy’s new go-to product. It’s made by a tiny company in Los Angeles—the creator, Shelley Davis, started out by whipping up batches in her kitchen—and I’ve heard that once when there was a shortage, women started hoarding cases and rioting in the streets. (OK, the latter might be an exaggeration, but not, I submit, impossible to imagine.) If you could marry a hair pomade, Brandy would be walking down the aisle with Oyin Handmade tomorrow.

Curly-haired women are like chemists: We use a dab of this, a dollop of that to create our perfect concoction. I started this project confident in my hard-earned loyalty to Devachan, that I was a one-man woman, and a one-hair-product-company girl. I feel a knot in my stomach as I write this, but I think I’m stepping out. Karen’s Body Beautiful Hair Nectar Leave-In Conditioner gave me gorgeous, springy

Curly-haired women spend almost twice as much on products as those with straight hair. —TextureMedia report

curls with no frizz. AG Hair Recoil Curl Activator is magic, the best curl cream I’ve ever used. And then there’s Catwalk by Tigi Curlesque Curls Rock Amplifier. This product is like a bar of expensive chocolate or a man with perfect, waxed pees. Not for everyday, God knows, but every once in a rare while, you’ve just got to give in to lust.


So, here’s my new regimen: DevaCurl No-Poo once a week or after a heavy workout. Then a liberal application of DevaCurl One Condition. (See? I still love you!) A massive quantity of Karen’s Body Beautiful Hair Nectar Leave-In Conditioner, combed through with my fingers. Pat dry with a microfiber towel. Finally, AG Hair Recoil Curl Activator, scrunched through, roots to ends. A mere three hours later, my hair is a mass of gorgeous ringlets. My face, on the other hand, looks like a patch of the Moroccan desert where that oil supposedly comes from. Given the intricacies of my hair regimen, who has time for a decent makeup application? ♦

Languid Waves

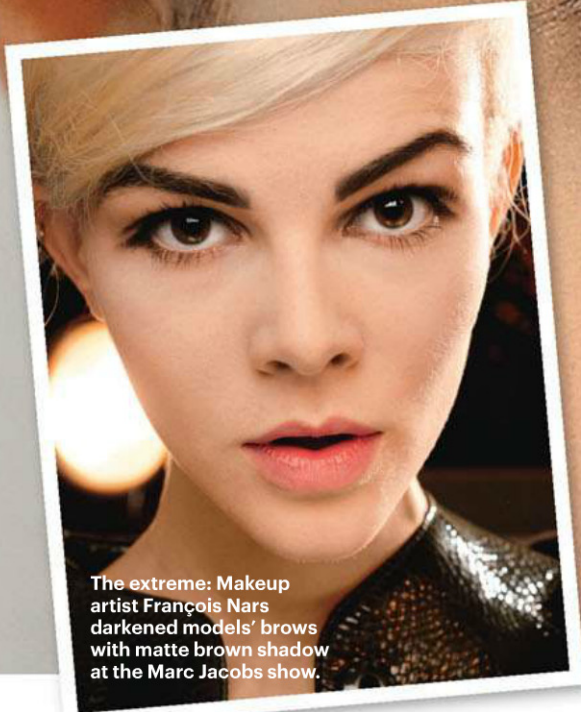
"Let the hair air-dry, but blow out just the front for a polished feeling on top," says Normant.

Cuff by Tiffany & Co. Makeup colors: Pure Color Shadow Paint in Chained and Pure Color Crystal Lipstick in Crystal Baby by Estée Lauder. Model: Gracie Carvalho. Details, see Shopping Guide.





The new brow shape is squared-off and full, with a less pronounced arch.



The extreme: Makeup artist François Nars darkened models' brows with matte brown shadow at the Marc Jacobs show.

Shape Shifters

Models. Actresses. Waitresses who are aspiring models or actresses. Thicker, lusher brows are everywhere—except, quite possibly, your bathroom mirror. After years of systematically plucking so many brow hairs that they were left with nothing but skimpy lines the width of spaghetti, legions of women have repented. With a little light shaping and filling in (and picture burning), no one ever has to know about your spaghetti-brow past. **By Danielle Pergament**



Fill patches with a pencil and use short strokes to avoid an obviously drawn-on look.

Below, from top: Tweezerman Slant Tweezer, Maybelline New York Define-a-Brow in Dark Blonde, and M.A.C. Brow Finisher.

Tip:

Hold a pencil vertically against the outer edge of the nostril. Where the pencil meets the brow line is where the brow should start. Tweeze any hairs that fall in unibrow territory.

- **You need natural light—a lot of it—so head to the equator** (no, not really). Position yourself in a well-lit bathroom, preferably by the window. And never use a magnifying mirror—it's too easy to overpluck.

- **Consider waxing versus tweezing, then choose tweezing.** Not only is it more precise, but “waxing can break the hair,” says Kristie Streicher, a brow groomer in Los Angeles. “Tweezing takes longer, but it's such a small area that it's worth it.”

- **Here's a bit of heresy:** You don't have to have an arch. In fact, “if your brows are naturally straight, go with that,” says Streicher. “Forcing them into an arch can look awkward.”

- **If you do have a natural arch, coax it into the most flattering shape.**

Grab a pencil and, holding it against the outer edge of the nose, line it up with the outer edge of your pupil while looking straight ahead. Where the pencil meets the brow line is the most flattering place for the arch.

- **Clean up strays underneath the brows and—more heresy!—above the top of the arch.** “Tweezing above the brow actually makes your brows look fuller,” says Streicher.

- **If your brows are so lush and full that you don't need to fill them in,** we beg you: Keep it to yourself, then use a spoolie brush and clear gel or wax to keep everything in place.

- **For everyone else, choose a pencil** (powders are best left to professionals). The color should be between your brows and the color of your skin, suggests makeup artist Diane Kendal. “It's always better to err on the side of too light.”

- **Brush the brows against the grain—from the temple inward—**and then upward and outward. This is the most accurate way to see where the gaps are. Then “make short, angled strokes with a pencil in the direction of the hair growth,” says Kendal. “Keep the pencil inside the brow—you can get into trouble if you use the pencil to shape, rather than fill.”

Animal Attraction

How does he love you?

Let us count the ways: Men are irresistibly drawn to the curve of a woman's waist, the way she smells, and the pitch of her voice. During this season of love, we asked scientists to explain what really makes a woman turn heads. By David DeNicolò



Garry Winogrand, New York, 1965

There is something about the enigmatic forces that draw men to women, and vice versa, that is alternately fascinating, disconcerting—and kind of absurd. Fascinating because we all know the extraordinary power of those impulses, and we'd like to understand what's behind them. Disconcerting because if we did understand, what in the world would we do with the information? And absurd because, well, we're talking about sex, and explaining all the ins and outs (oh, grow up) is a little like discovering how a magic trick works: Once you know, the pleasure is gone. Try watching one of those documentaries on human sexual response that reenacts the stages of arousal in forensic detail: dilated pupils, flushed neck, gooseflesh, blood rushing to the genitals, labored breathing, and infrared images of body-temperature changes during coitus. It's about as sexy as a trip to the dentist. Fortunately, there are scientists willing to do all this hard work for us in the privacy of a laboratory, and, while they admit their findings can be contradictory, the information is also often illuminating.

The first question that arises, naturally, is which female body types have the most magnetic effect on men. Some research, based on the idea that leftover caveman impulses hold sway in the male psyche even today, suggests men are hardwired to admire certain female proportions, namely a waist-hip ratio of 0.7—your basic 36-24-36 bombshell. (Even blind men, when gripping mannequins, prefer this shape, according to researchers at Radboud University in the Netherlands.) The assertion is that this silhouette is so irresistible because it signals maximum fecundity, and men are driven at their core to impregnate as many women of childbearing age as they possibly can.

Beyond this painfully obvious (and just painful) truth, we can now say that man is a more complex being than he might at first seem. In one deviation from the supposed rule, researchers in Australia found that male respondents favored proportions closer to the measurements of the average 25-to-44-year-old Australian woman (approximately a 30-inch waist, 39-inch hips, and a height of five foot three). The study's

authors note that, while the women in *Playboy* have become thinner over the past 40 years, the tastes of real-life Australian men may have moved in the opposite direction.

Proportions alone can't fully explain the human mating ritual. Overall weight plays a key role, too—perhaps more because of what it represents than simple attraction. In societies where food is scarce, for

looking partners, and a higher body mass index in women signals maturity as well as strength, control, and self-reliance. However, you should know that once the stress subsides, a man's familiar preference for a sylphlike woman may return.

In their quest for a match, men and women both reveal clues about themselves that don't meet the eye—clues they are not aware of. Researchers

*Researchers have discovered
that men strongly
prefer a high-pitched voice
to a sultry purr.*

instance, plump women are often idealized as beautiful, sexy, and healthy. Even in societies where food is abundant, men under psychological stress may be attracted to significantly heavier women, according to a study at the University of Westminster, in London, published last year. This may be because people faced with conditions that are threatening or uncertain gravitate toward mature-

have discovered, for instance, that men strongly prefer a high-pitched voice to a sultry purr and that women regard females who talk in such a voice with distrust, especially when their romantic partner is close by. "While men see women with high voices as potential partners, women tend to size them up as competition," says David Feinberg, an associate professor of psychology, neurosci-

ence, and behavior at McMaster University in Canada. In another study, women who left voice-mail messages for men naturally spoke in a higher pitch when they believed the man in question was handsome.

Using another of the senses, men who took part in a 2012 study at U.C.L.A. repeatedly favored the scent of a woman when she was about to ovulate. The men not only liked the aroma; they also imagined the woman who produced it was more attractive. Plainly put, readiness to reproduce is a big turn-on for men. Scientists theorize that women, not to be outdone, may be able to read certain signals about a man's immune system from his body odor—and, just before ovulating, prefer mates whose immune system is most dissimilar to theirs. The theory here is that potential offspring would have a broader range of resistance to disease and thus a higher rate of survival.

As strong as the lure of good genes may be, there are certain instances when modern science can thwart it, with not entirely negative results. One study found that women who met their eventual spouse while on the Pill often ended up less sexually satisfied down the road but were significantly more pleased with their man's skills as a financial provider and parent—traits that contribute to more lasting relationships. The idea is that the Pill may suppress hormones that encourage a woman to choose a man based on strength, dominance, and general drool-worthiness in favor of a man who is more supportive and compatible outside the bedroom. Forgoing a mate who can fight off predators that threaten to eat your children for one who could pay their college tuition? It's the smart choice in the twenty-first century.

That's not to say logic always prevails in matters of love—far from it. The mad appeal of the man who appears indifferent has been scien-

tifically documented. Female students were shown Facebook profiles of men and told that one group liked them a lot, one group liked them an average amount, and a third group kept their opinions private. While the women liked the guys who said they were into them, they *really* liked the guys who played coy. "It does suggest that it's probably not a good idea to declare your love on a first

Even in societies where food is abundant, men under psychological stress are attracted to heavier women.

date," says Timothy Wilson, a psychology professor at the University of Virginia who coauthored the study. Other researchers have noted that we experience a more intense activation in the brain's reward circuit when a pleasurable stimulus is unpredictable rather than expected. So maybe that explains why, instead of going for a sure thing, both men and women tend to prefer to gamble on the uncertain but deliciously intense possibility of a surprise.

Another insight into the hidden language of attraction comes from something called "social transmission of preferences," or, more colloquially, the hotness of the company you keep. Researchers ingeniously paired pictures of 20 ordinary men and women with pictures of models and asked respondents, both men and women, to rate the images for attractiveness. When a woman was paired with a handsome model of the opposite sex, her rating by male respondents shot up. (The "I'll have what he's having" syndrome.) But when women were paired with beautiful models of the same sex, their ratings went down. "Standing by someone who's more attractive downgrades you because people are suddenly aware of the other opportunities," says the study's lead author, Anthony Little, a research fellow at the University of Stirling in Scotland.

If this is all beginning to seem disconcertingly obvious, take heart. Occasionally, research does produce a result you can actually act on, if you're so inclined. For instance: Wear red. The color has been shown to enhance perceptions of women's beauty, and red is considered particularly attractive when worn by men. (One exception may be the old notion that deep red lipstick is sex-

ual catnip. One study suggests that a neutral or soft pink shade could actually arouse men more.)

And you can thank your mother, since one of the most reliable ways to appear attractive is also one of the most repeated: Smile. Well, unless you're a man; then, by all means, don't. Facial expressions of happiness in women were the most sexually attractive to men, according to research conducted at the University of British Columbia. But from there it gets a little weird. Women did not respond to male expressions of happiness at all; they strongly preferred an expression of pride. Curiously, both sexes ranked an expression of *shame* at the higher end of the sexual-attraction scale. According to the study, the sex appeal may lie in the notion that shame signals respect for social norms and trustworthiness. Either that or someone's been reading *The Scarlet Letter*.

All this research, and the thousands of pages to come this year and the next, might provide a bit of insight, perhaps a little solace—or a good laugh of recognition—to those who are searching for the right mate, and even those who are in the throes of passion. And yet, as we consider the latest scientific developments, it's also clear that what happens in the lab is no match for real life.

—ADDITIONAL REPORTING BY LEXI NOVAK

LEATHER SHORTS

Leather shorts and vest, jersey top, leather-and-nylon shoes, and leather bag by Reed Krakoff. Makeup colors: Blush Subtil Powder Blush in Cosmopolitan Pink (as eye shadow) and Rouge in Love lipstick in 217 by Lancôme. These pages: Hair, Cim Mahony; makeup, Yumi Mori. Model: Chanel Iman. Fashion editor: Siobhan Bonnouvrier. Details, see Shopping Guide.

Leg Room

Cooler than pants. Looser than skirts. Fresher than dresses. The new city shorts and eight ways to wear them.

A full-page fashion photograph of a woman with dark hair and bright pink eye makeup. She is wearing a white, structured, strapless bustier and matching shorts. She is holding a black and white clutch bag. The background shows a building with a tiled roof and a glass wall.

STRUCTURED SHORTS

Silk gazar shorts and bustier and leather clutch by Calvin Klein Collection. Makeup colors: Aqua Cream eye shadow in 07 and Rouge Artist lipstick in 22 by Make Up For Ever. Details, see Shopping Guide.

SHORT-SHORTS

Cotton crepe shorts, sequined cotton crepe top, and belt by Michael Kors. Makeup colors: Color Tattoo Metal Eyeshadow in Electric Blue and Color Sensational lipstick in Totally Toffee by Maybelline New York. Details, see Shopping Guide.





CULOTTES

Satin shorts and leather-and-viscose top by Céline. Python-and-lizard shoes by Reed Krakoff. Leather bag by Alexander Wang. Makeup colors: 5 Couleurs Eyeshadow Palette in Rose Charmeuse and Rouge Dior Nude lipstick in Trench by Dior. Details, see Shopping Guide.

TWEED SHORTS

Cotton tweed shorts, leather jacket and bag, and belt by Chanel. Leather shoes by Alexander Wang. Makeup colors: Eyes to Kill 4 Color Eyeshadow Palette in 5 and Lip Maestro lipstick in 202 by Giorgio Armani. Details, see Shopping Guide.





EVENING SHORTS

Wool toile shorts and silk-blend top by Dior. Leather clutch by Oscar de la Renta. Makeup colors: Infallible Eye Shadow in Glistening Garnet and Colour Riche Balm in Caramel Comfort by L'Oréal Paris. Details, see Shopping Guide.

COLORED EDGE

Leather-and-neoprene shorts, silk jacket, leather bag, and belt by Fendi. Makeup colors: Luminizing Satin Eye Color Trio in RD 711 and Perfect Rouge lipstick in BE 740 by Shiseido Makeup. Details, see Shopping Guide.



ASYMMETRICAL SHORTS

Wool shorts and top, leather shoes, and rings from Balenciaga by Nicolas Ghesquière. Makeup colors: Eye Shadow in Passionate and Matte lipstick in Honeylove by M.A.C. Details, see Shopping Guide.



Bloat Trip

Your skirt gets tight around 3 P.M.; your rings are a little snug; your stomach is, well, unsettled: These are the telltale signs of bloat. Before you pop, here's how to deflate. **By Alexandra Owens**



We

tract, which can leave your belly uncomfortable and distended. The other is water retention, a buildup of excess fluid that is more likely to affect your limbs, hands, and feet and can be a sign of a serious medical problem. They both cause a swelling sensation, but they have different triggers—and solutions.

So how do you know for sure that your skirt is snug because of bloat? “There should be cyclical variation to it,” says gastroenterologist Robynne Chutkan, the founder of the Digestive Center for Women in Chevy Chase, Maryland, and the author of the forthcoming book *GutBliss* (Avery). “You can’t button your pants in the evening, but the next day it’s better. It often gets worse as the day progresses.” Fluid retention is a bit trickier to distinguish, but take note if your face and limbs, rather than your whole body, appear swollen; other signs include puffy cheeks and sock lines. And don’t be surprised to find yourself suffering from both forms, since five or six factors may contribute to a runaway stomach. Fortunately, there are plenty of bloat-busting foods to avoid, others to embrace, and even a few tricks that have nothing to do with what you’re eating.

1 Get in touch with your sensitive side. After you indulge in a heavy meal, it’s logical to blame your distended stomach on that extra helping of pasta or the cheese course you couldn’t resist. But the culprit could be allergies rather than gluttony: Many adults are intolerant of lactose, gluten, or fructose to some degree without realizing it. “If you can’t break down milk sugar normally, then you’ll finish the fermentation breakdown process in your colon and produce gas,” says Brian E. Lacy, a professor at the Geisel School of Medicine at Dartmouth University and the director of its GI Motility Laboratory. “Even if you always drank milk, as you get older, you produce less of the lactase enzyme, and that makes dairy harder to digest.” A similar process can happen with fructose, even when it’s in the

form of a seemingly harmless fruit salad. “You’re trying to eat healthily, but it ultimately backfires by causing these symptoms,” says Lacy. If EA Stewart, a registered dietitian in Del Mar, California, suspects a food intolerance in clients, she puts them on a diet that restricts the amount of lactose, fructose, and nonabsorbable carbohydrates. She’ll have them cut out some dairy,

certain fruits and vegetables, grains such as wheat and rye, beans, some soy products, and certain sweeteners, such as honey, agave, and sugar alcohols. She then has her clients reintroduce those foods one at a time. “They’ll know pretty quickly which foods are causing the problems,” Stewart explains. “I find that can be very effective for gas and bloating.”

2. Don’t pass the salt.

Salt attracts moisture—think about how salt shakers cake up when it’s humid outside. When you have a higher concentration of sodium in your bloodstream, your body holds on to water to dilute the concentration. Still, it’s not easy to avoid when salt is hidden in everything—microwave meals, breakfast cereal, and even antacids. Many processed and canned foods are high in sodium, says Stewart. “The maximum daily recommendation is 2,300 milligrams. That’s achievable if you’re cooking at home with fresh ingredients.” If you must use something from a can, like chickpeas, rinse them off to remove excess sodium, or look for those labeled low-sodium. Drinking water also keeps your sodium-potassium balance in check.

3. Flush it.

Some fruits, like watermelon and cranberries, act as natural diuretics that reduce fluid retention. Still, don’t just reach for the nearest Edible Arrangement. “Depending on how much you’re having, the diuretic effect can be canceled out by sugar, which causes gas bloating,” says Chutkan. Go for vegetables that are relatively low in fructose, like asparagus and cucumber. “If my clients feel puffy, I’ll tell them to dilute concentrated cranberry in a lot of water and drink it all day,” says Kimberly Snyder, a nutritionist and the author of the forthcoming *Beauty Detox Foods* (Harlequin). “It’s a powerful diuretic.”

4 **Stop faking it.** Replacing your usual indulgences with sugar-free gum and diet soda can feel virtuous, but zero-calorie good intentions can backfire. “Some artificial sweeteners contain sorbitol, a sugar alcohol that can’t be absorbed by your gastrointestinal tract,” says Chutkan. “They tend to ferment there and produce a lot of bacteria and gas, making them a huge cause of bloating.” It’s just another reminder that nothing is ever really free.

5. Trim some fat.

There’s a reason people feel sluggish after a burger and fries, and it’s not just guilt. “Fat is more difficult for the gastrointestinal tract to break down,” says Chutkan. “So for some people, saturated-fatty foods like meat can trigger bloat because they slow digestion.” Snyder warns that even vegetable oil has a similar effect. “Heating up saturated oils breaks them down quickly, which leads to bloating,” she says. Instead, Snyder recommends using coconut oil at low temperatures—it won’t break down in the same way. Similarly, too much fiber can make you gassy. Insoluble fiber, the kind found in whole grains, can linger in the colon, where it ferments. Keep it to 25 grams a day. (To put that in perspective, an apple has about 4.5 grams, and a bowl of oatmeal has anywhere from 3 to 8 grams.)

6 **Think Atkins.** Want to shed water weight fast? Cut your carbs. Carbohydrates promote glycogen storage in muscles, and that requires water. “When someone is consuming the same amount of carbohydrates every day, this water storage isn’t noticeable,” says Stewart. But if you cut back, your glycogen stores are depleted and you lose water weight. Keep in mind, though, that the effects are temporary. And it’s not just the starchy and delicious that will get you in trouble: “People don’t realize that wheat is in many processed products,” says Snyder. People think about bread and pasta, but soy sauce can also cause problems.

7.
Eat an avocado.
So you’ve slipped up and snacked on a handful (or six) of salty pretzels.

The good news is that avocados and other potassium-rich foods combat puffiness by balancing excess sodium and reducing water retention. “Look for foods that are high in potassium or that have a balance of potassium and sodium, like celery,” says Snyder. If you’re not in the mood for guacamole, other possibilities include cantaloupe, oranges, carrots, bananas, and—if you’re feeling trendy—coconut water.

8 **Dry out.** There are lots of reasons to skip that second (or third) glass of wine, and you can now add bloating to the list. Don’t let the fact that alcohol is a diuretic fool you. “By keeping your body from processing things properly, alcohol can blow you up,” explains Snyder. “Alcohol is very acid-forming in the body, and an acidic body tends to hold on to excess water weight. Caffeine can have a similar effect.” And then there’s the fact that alcohol and salty snacks were made for each other, so consuming one usually means too much of the other. When you do indulge, avoid sugary and boil-brewed alcohols, like tequila, rum, and beer, which has the added problem of carbonation. “They’re extremely processed,” says Snyder. “Tequila is one step away from agave, which is over 90 percent fructose.” The purest hard liquor—i.e., the one with the least sugar—is vodka, so Russians have the right idea.

9 **Check your medicine cabinet.** Like alcohol, certain drugs can affect the body’s ability to hold on to water. Birth control pills, steroids, and even ibuprofen are the worst offenders. It’s tempting to chalk up bloating to your diet, but if you’re on a new medication and notice that you feel puffy or crampy, you might want to discuss other options with your doctor. You should also talk to your physician if you’ve changed your diet and other habits and still feel bloated. It could be a sign that something more serious is going on.

10. Work it out.

Is there anything exercise doesn’t fix? With bloating, it doesn’t hurt to get physical. “The GI tract is muscle,” explains Chutkan. “It gets flabby if you’re not exercising.” Physical exertion can stimulate gastrointestinal contractions known as peristalsis, making digestion (and, yes, passing gas) easier. Focus on activities that engage the abdomen, like crunches, twisting yoga poses, or Pilates. Chutkan suggests taking a small dumbbell—your hands will also do the job—and gently moving it in a clockwise direction over your abdomen to push the gas out.

11 **Eat like a lady (as your grandmother would say).** Wolfing your food isn’t just bad manners. Fast eaters tend to take in more air and therefore experience more gas. Those other bad habits Grandma warned you about, like chewing gum, sucking on hard candy, and smoking, also increase gulped air. Carbonation can be a problem, though it depends on your sensitivity. Mere seltzer water will get to some people, while others are left unfazed by several San Pellegrinos a day. And if you’re about to sit down to a feast, Snyder suggests beginning with a green salad, which gets the digestive process rolling. “All those enzymes at the beginning help you digest the rest of the food that follows,” she says. ♦

Lace gown by Burberry
Prorsum. Sequined dress (on
floor) by Burberry London.
Bag by Louis Vuitton. Makeup
colors: The Eyeshadow in
Elegance and The Lipgloss
Ultra-Shine in Innocence
by Dolce & Gabbana. These
pages: Hair, Peter Gray;
makeup, Tyron Machhausen;
manicure, Ashley Jiron. Prop
stylist: Jason Curtis. Fashion
editor: Paul Cavaco. Details,
see Shopping Guide.





Song of Herself

Carrie Underwood is a good girl who sings about bad things. Now, she's happier than ever and ready to talk about love, trust, and why she wears shorts under her red-carpet gowns. **By Judy Bachrach**

One of the more interesting things about “Good Girl,” a song Carrie Underwood cowrote for her latest album, is not that it went to number one on the country charts—Underwood’s songs so often land there that it’s no surprise her latest album, *Blown Away*, went platinum. What’s a bit of a shock is that this particular song, a self-mocking, almost jeering ode to being way too good and trusting, is one that Underwood, a famously private person, seems to be singing to herself. To herself, for herself, and about herself.

Or at least her former self.

“But he’s really good at lying/ Yeah, he’ll leave you in the dust/ ‘Cause when he says forever/ Well it don’t mean much.... Better listen to me, he’s low, low, low.”

That all sounds pretty personal, she is told, like something you’ve been through. Maybe with Chace Crawford of *Gossip Girl*, whose photo, when I show it to her for a comment, she examines for barely a second before tossing it straight to the floor. Maybe with Tony Romo, the Dallas Cowboys quarterback whose defection proved an earlier disappointment.

“Yeah, I’m talking to myself,” Underwood acknowledges, before adding with protective swiftness: “And to every other lady.” A pause. “It’s one of those things



Khaki polyester
nylon trench coat
by Calvin Klein.
Details, see
Shopping Guide.

where somebody gets the power and the other person gives it up so freely.”

Why do you think that is, that women give up power so freely to men they love? she is asked.

“We want that person to be everything we’ve always wanted,” she replies. “If they’re not Prince Charming, we try to make them Prince Charming.”

Then she catches herself. “But Prince Charming does exist! I found one,” she says, leaning forward, all earnestness. Underwood doesn’t want Mike Fisher, the Canadian-born hockey player she married two years back (wearing a wedding dress blazing with crystals and a 40-carat diamond tiara on her blonde head), to believe he is anything less. Life is tough enough, as she points out, when her husband is referred to in the press, now that he’s been traded from his longtime Canadian team, the Ottawa Senators, to the Nashville Predators, as “Carrie Underwood’s husband or Mr. Underwood or whatever. And it made me feel awful!”

It very likely hasn’t been easy on Fisher, either, she concedes. “He was drafted there, and that was the only team he ever played for. He would have played and he wanted to play for Ottawa for his whole career,” she says. “He had no say in any of it.” Of course, she adds quickly, “I love it that he’s here,” pointing out that the couple had always planned to make Nashville the place they called home. Eventually.

Still, she says morosely, “Somebody works real hard to make a name for themselves, a respectable name, and then it’s Mr. Underwood....”

Studying Underwood, who has grown sleek and chic with fame—shedding 20 pounds through a mostly vegan diet and lots of crunches and cardio since her *American Idol* debut in 2005—you can see pronounced traces of both phases of her life, the early, more modest one and the more recent. Her wedding gift to her husband, for example: a red ’69 Camaro (“Which was actually something I wanted, too,” she explains), whose previous owner was songwriter and singer Alan Jackson.

Fortune has made other inroads as well: The singer is far more confident than she was when I interviewed her five years ago. Intrusive questions make her laugh. Sometimes she even answers them.

At the same time, her first act before settling down to talk is to shed the dress in which she’d been posing for the camera and slip on a pair of gray sweatpants topped by a black sweatshirt that reads “Sam and Ella’s Chicken Palace,” a Tahlequah, Oklahoma, venue where Underwood worked during college. “It’s the best pizza place in the world,” she explains. “Like seriously, I have had pizza

everywhere in this universe, and nothing beats it.” And then the newer Carrie steps in for a moment: “When we have our show in Tulsa, I’m going to make somebody drive me an hour to go have pizza there.”

So small wonder that sometimes even Underwood is slightly confused about who she is and what exactly she needs. On the one hand, she observes, “I’ll never be one of those celebrities that calls the paparazzi and tells them where I’m going to be.” On the other, as she recently recalled, “I once dated a guy from my hometown, and he was wonderful, but it just didn’t work. Because he was there with a normal job, and I was everywhere else.” Clearly she couldn’t court ordinary guys, the kind she grew up with, however wonderful. She herself was no longer ordinary.

This proved to be a problem. “So many of the kind of guys I grew up with have a hard time with their girlfriends, wives, whatever, making more money than they do,” she says slowly. “We grew up conservative.”

In Checotah, Oklahoma, where her mother was a schoolteacher and her father worked at an industrial plant, Underwood, the youngest of three girls, lived a fairly ascetic and frugal life: no private parties at all, no alcohol, her peach-colored prom dress a bargain from Fort Smith, Arkansas, where she used to go regularly to “sing in rodeo-type things.” Hers was, in other words, a life of both hungry dreams and careful restriction. “I never had a wild...anything,” is Underwood’s recollection of her youth.

All her closest friends were male: “Until that day, and it would always happen,” she confides, “when my best friend would profess his undying love for me. And I would be like, ‘Oooooooh, no! Why?’ Our friendship would never be the same again.”

There were other formative factors as well, ones more subtle but just as firmly etched on her character and decision-making: “My mom had a job, and she also took care of us, and she also took care of Dad—I always saw her pulling triple duty, doing more than I ever felt like she needed to,” the singer recalls. “I made a promise to myself that it would be more of a team effort in my family someday. And because of that, I became more independent. But it was tough figuring out what kind of guy would work with what I did. Because you have your problems with both.”

Nonetheless, it was that streak of independence, the realization from the start that her own destiny needed a stab at the rash and improbable, which led to all sorts of good fortune: Eight years ago, Underwood tried out for *American Idol*, feeling that if she failed, as she once said, “No one will ever know.” (One of her biggest fans, as it turned out, was the mother of Mike Fisher, then playing for the Senators. She taped the show, telling her son, “Carrie’s really sweet, and you should try to meet her.” At the time, Fisher ignored both the tape and the suggestion.)

“So many of the kind of guys I grew up with have a hard time with their wives making more money.”

Underwood was too busy back then to think about love-resistant Canadian athletes with psychic mothers. After her Idol victory, she crafted her career with an interesting combination of shrewdness and still more daring. Within a year, her first album, *Some Hearts*, went platinum six times over, becoming Billboard's number-one country album of the decade. In large measure, this kind of triumph was the result of two wildly different hit songs: "Jesus Take the Wheel" and the rough, vengeful "Before He Cheats."

There's no doubting that a strong part of Underwood is still informed by the spirituality of the first song. It is her proud declaration, when queried about certain skimpy public attire, that "underneath every skirt, every dress, I'm wearing shorts. So that everyone in the world knows, if I ever fell down, nobody would get a peek at anything." And, she adds triumphantly, usually the shorts are a different color from her onstage outfits, "so that everyone knows they're not seeing my undergarments." Grinning, she waits a beat. "So sad...."

Inside, however, Underwood was considerably less stouthearted than the lyrics of her songs might have suggested. When she went to her first Country Music Awards ceremony in 2005, flu-ridden, barely upright, and completely terrified, she thought she was going to throw up. But as Underwood says now, "I made it through." Any nervous moments were always deftly hidden. In interviews, too, it was the Checotah Baptist good girl who generally had the upper hand, caution framing every syllable.

Until recently. Marriage and accumulated success have exerted their influence. In June, Underwood came out in favor of gay marriage. "As a married person myself, I don't know what it's like to be told I can't marry somebody I love," she told a British newspaper.

Now she elaborates: "I'm in favor of acceptance," she says flatly. "And I am a Christian person, and I do love the Lord, and I feel no matter who you are, what you believe, how you live your life, it's not my place to judge. I don't have that power. I don't want that power. It's my place to love and to show God's love to other people, even if they

Beauty Call

What's the one beauty ritual you must do before a romantic night? "I love getting dressed up, when everyone smells nice and I've got my best perfume on."

What's your favorite? "Clive Christian 1872."

What was your worst beauty mistake? "A perm!"

What is your favorite hair product? "Orbè texturizing spray."

What part of your beauty routine would you never let your husband witness? "If anything ever needed to be waxed. There would be no witnesses to that!"

What's your biggest food craving? "I like salty things. I do my absolute best to be a vegan. But occasionally cheese kind of gets the best of me."

What's your favorite workout? "I love cardio. I do not love things like the standards: push-ups, lunges. But I do them."

don't live a life like I live. So that's where I'm coming from."

And your fan base? What do your fans say when you support same-sex unions?

"Ummmm, I know," she says hesitantly. "I feel I've done a few interviews where someone is coming from an accusatory way." However: "If mail comes to my house, I don't check my mail."

You mean you don't read the angry letters addressed to you?

She shakes her head several times. "I don't want to know. I just run my own race. If somebody doesn't like you, they're going to find a reason not to like you. As soon as you give them something like that, they're going to be like, 'Ha, ha! That's it!'" She sets her jaw firmly. "So that's fine. They probably didn't like me in the first place."

When Fisher came into the singer's life four years ago, people wondered about her latest selection. In the first place, they were away from each other a lot—and still are, in fact, when the singer is on tour. "And then you start picking little stupid fights on the phone," she says. Also, Underwood knew from her previous dating experiences that there was some foundation to those fears. "We've seen a lot of celebrities, professional athletes, not exactly always being on their best behavior away from girlfriends, wives, families," she says. "And people would say, 'Do you ever worry that—you know—he's an athlete, he's young, he's good-looking?'"

"And I've never had to worry about him," she continues, "because I've never trusted anybody so completely. Or I didn't know the true meaning of trust. He just...he just wouldn't do that." Blind trust, however, isn't her sole source. "When he goes out with his friends, I always get shining reports, you know? On the Internet the next day: 'You know he was good! He was the designated driver for the evening!'"

Almost inevitably, people draw parallels between the pretty and talented country singer and certain less-salient pretty and talented fictional counterparts on small and large screens. Juliette Barnes, a young, blonde singer of ravenous ambition and a very tiny conscience, is a fascinating character on the new TV series *Nashville*. Just as fascinating, she is played by Hayden Panettiere, who has said she modeled her character in part on Underwood's onstage persona. "She can just (Continued on page 203)



Tablet Extra:

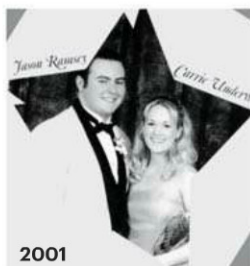
To get the story behind Carrie Underwood's lyrics, download *Allure* to your tablet.



Circa 1994

Yearbook photo
"I think I was in sixth grade. It was a class photo."

At the prom "He wasn't my date. It was my senior prom, but we were part of the court. I was surprised I made court. I don't know how that happened."



2001

At a basketball game in Auburn Hills, Michigan "Am I fond of the crunchy hair? Not now! At the time I saw nothing wrong with it."

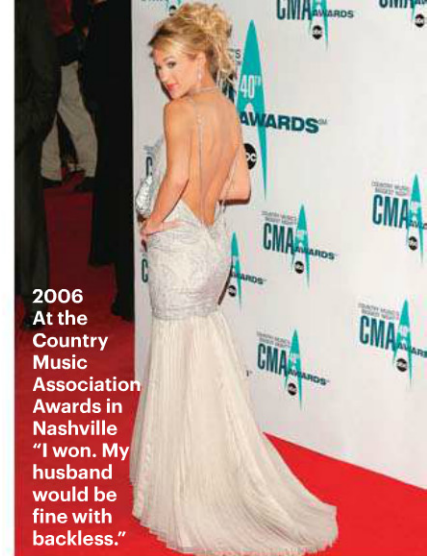


2005



2006

In a "Got Milk?" advertisement
"Yeah, that was forever ago. Did I get to keep those boots? No!"



2006 At the Country Music Association Awards in Nashville
"I won. My husband would be fine with backless."



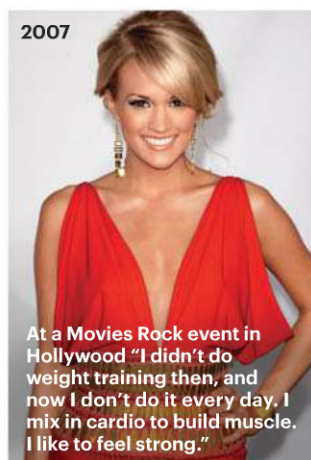
2007

At the CMA Awards in Nashville
"I couldn't breathe because the dress was tight. I was like, 'I don't have to sit down, it's cool.'"



2007

With Chace Crawford in New York City
"There's a puppy and a guy who's not my husband."



2007

At a Movies Rock event in Hollywood "I didn't do weight training then, and now I don't do it every day. I mix in cardio to build muscle. I like to feel strong."



2008

At the Grammys in Los Angeles
"I was singing 'Before He Cheats,' which is a very powerful song. So we wanted something sleek and kind of more fierce than sexy."



2008

At an American Idol event in Los Angeles
Allure: "We do see boobs there." Underwood: "Yeah, back when I had them. I was a little bit heavier then. They were taped."



2008

With Miley Cyrus at the BMI Country Awards in Nashville
"[The medallion I'm wearing] is a songwriter award, and I'm very proud of that. It has nothing to do with being a singer. It's all about songwriting."



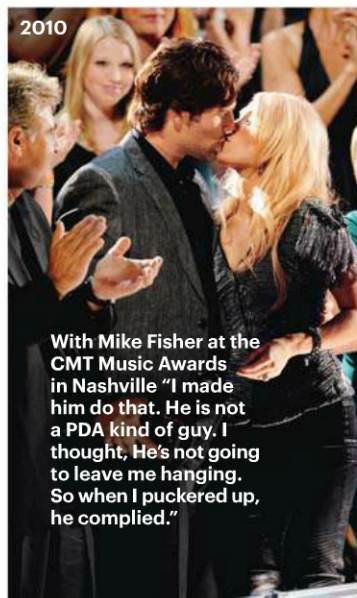
2009

With Taylor Swift at the Academy of Country Music Awards in Las Vegas "I'm not close to her. We run into each other at events. We're never in the same place at the same time."



2009

At the airport in Los Angeles
"My favorite place to be photographed. I say that sarcastically, because I'm not one of those celebrities who dresses up to go to the airport."



2010

With Mike Fisher at the CMT Music Awards in Nashville "I made him do that. He is not a PDA kind of guy. I thought, 'He's not going to leave me hanging. So when I puckered up, he complied.'"



2010

On the Today show in New York City "The one in the middle is a four-carat diamond, not canary yellow, though. It's called fancy yellow."

In Soul Surfer "This was a project I just felt I would be proud to have on my résumé. Someday I would be proud to show it to my kids."



2011



2012

At a baseball game in Toronto
"My friends said, 'You threw it from the pitcher's mound!' and I was like, 'Wasn't I supposed to?' They said, 'Nobody throws it from there; they move up.'"

Shopping Guide

Cover: Gucci silk dress, \$2,850. Gucci.com. **Cover Look, page 50:** Burberry Prorsum lace gown, \$4,995. Burberry.com. Calvin Klein polyester nylon trench coat, \$138. Nordstrom stores. **Fashion Bulletin, page 77:** Gucci Jacquard cloqué jacket, \$4,350, and skirt, \$1,250; metal-and-resin necklace, \$3,450; and patent-leather shoes, \$695. Gucci.com. **Fashion Cravings, page 78:** Chanel viscose sweater, \$2,955, and dress, \$1,680; leather sandals, \$1,250; and necklace, \$4,400. Select Chanel stores. **Pucker Punch, page 167:** Calvin Klein Collection silk crepe coat, \$5,995. Calvin Klein Collection, N.Y.C. 212-292-9000. Delphine Charlotte metal necklace, €875. Delphine charlotteparmentier.com. **Page 169:** Burberry Prorsum leather coat, \$4,995. Burberry.com. **Page 170:** Saint Laurent by Hedi Slimane silk georgette dress, \$17,500, and wool felt hat, \$995. Saint Laurent, N.Y.C. 212-980-2970. **Curls Gone Wild, page 173:** Hervé Van der Straeten brass necklace, \$855. Neiman marcus.com. **Page 174:** Tom Ford choker, \$6,250. Tom Ford, N.Y.C. 212-359-0300. **Page 177:** Tiffany & Co.

Beauty Guide

AG Hair, aghair.com for salons. Ardell, ardellashes.com. Avon, avon.com. **Bed Head,** bedhead.com. **BullFrog,** bullfrogsunscreen.com. **Catwalk by Tigi,** catwalkbytigi.com. **Chanel,** chanel.com. **CoverGirl,** covergirl.com. **DevaCurl,** store.devachansalon.com. **Dior,** dior.com. **Dolce & Gabbana,** dolcegabbana.com. **Estée Lauder,** esteelauder.com. **Face Stockholm,** facestockholm.com. **Giorgio Armani,** giorgioarmani.com. **Glitzylips,** glitzylips.com. **Hair by Tippi Shorter,** hairbytippi.com. **Inglot,** inglotusa.com. **Karen's Body Beautiful,** karenbodybeautiful.com. **Kinky-Curly,** kinky-curly.com. **Lancôme,** lancome-usa.com. **La Prairie,** shoplaprairie.com. **L'Oréal Paris,** drugstore.com. **M.A.C.,** maccosmetics.com. **Make Up For Ever,** makeupforever.com. **Maybelline New York,** maybelline.com. **Mehron,** mehron.com. **Miss Jessie's,** missjessies.com. **MopTop,** moptophair.com. **MoroccanOil,** moroccanoil.com for salons. **Neutrogena,** neutrogena.com. **NYX,** nyxcosmetics.com. **Obsessive Compulsive Cosmetics,** sephora.com. **Olay,** olay.com. **Ouidad,** ouidad.com. **Oyin Handmade,** oyinhandmade.com. **Pantene,** pantene.com. **Phyto,** phyto-usa.com for salons. **Redken,** redken.com for salons. **Revlon,** revlon.com. **Shiseido,** shiseido.com. **Too Faced,** toofaced.com. **Tweezerman,** tweezerman.com. **Yves Saint Laurent,** yslbeautyus.com.

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cuff, \$7,500. Tiffany.com. **Leg Room, page 184:** Reed Krakoff leather shorts, \$1,590, and vest, \$2,990; jersey top, \$790; leather-and-nylon shoes, \$725; and leather bag, \$1,390. Reedkrakoff.com. **Page 185:** Calvin Klein Collection silk gazar shorts, \$950, and bustier, \$1,395, and leather clutch, \$950. Calvin Klein Collection, N.Y.C. 212-292-9000. **Page 186:** Michael Kors cotton crepe shorts, \$495; sequined cotton crepe top, \$8,995; and belt, \$295. Select Michael Kors stores. **Page 187:** Céline satin shorts, \$1,050. Céline, Miami. 305-866-1888. Céline leather-and-viscose top, \$4,400. Gypsy, Palm Beach, FL. 561-832-1333. Reed Krakoff python-and-lizard shoes, \$1,195. Reedkrakoff.com. **Alexander Wang leather bag,** \$750. Similar styles at Alexander Wang, N.Y.C. 212-977-9683. **Page 188:** Chanel cotton tweed shorts, \$3,180; leather jacket, \$7,900; leather bag, \$4,600; and belt, \$1,130. Select Chanel stores. **Alexander Wang leather shoes.** Similar styles at Alexander Wang, N.Y.C. 212-977-9683. **Page 189:** Dior wool toile shorts, \$730, and silk-blend top, \$2,500. Dior stores. **Oscar de la Renta leather clutch,** \$1,190. Ocardelarenta.com. **Page 190:** Fendi leather-and-neoprene shorts, \$1,800; silk jacket, \$12,350; leather bag, \$2,810; and belt, price available upon request. Fendi, N.Y.C. 212-759-4646. **Page 191:** Balenciaga by Nicolas Ghesquière wool shorts, \$1,995. Similar styles at Balenciaga, N.Y.C. 212-206-0872. **Balenciaga by Nicolas Ghesquière wool top,** \$995, and rings, \$555 for a set of five. Balenciaga, N.Y.C. 212-206-0872. **Balenciaga by Nicolas**

Ghesquière leather shoes, \$795. Edon Manor, N.Y.C. 212-431-3890. **Song of Herself, page 196:** Burberry Prorsum lace gown, \$4,995. Burberry.com. Burberry London sequined dress, \$1,195. Burberry.com. Louis Vuitton canvas bag, \$1,500. Select Louis Vuitton stores. **Page 198:** Calvin Klein polyester nylon trench coat, \$138. Nordstrom stores.

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SONG OF HERSELF

(Continued from page 200)

stand there and be incredibly interesting" was how Panettiere described Underwood's charisma when she's performing. Ever see the series? Underwood is asked.

"I haaaaave," she replies, drawing out the word to indicate considerable disapproval. "I'm not like that at all. It's juicy, but I hope not everybody thinks that everything goes down like that in Nashville, and we're evil. To be honest, I've been fortunate enough to work with other types of music"—she grimaces slightly—"and we're the least drama-rific people."

That same degree of disapprobation is targeted at *Country Strong*, the movie starring Gwyneth Paltrow as a worn and ragged country singer with a strong fan base and a weak marriage. The country-music people she knows simply aren't like that, Underwood insists. And that's not all that's fallacious in those dramatizations of Nashville life:

"Nashville is all about females; *Country Strong* is about females," Underwood adds, leaning forward for emphasis, because she knows that country music is generally by and all about men. "It's like there's a hundred spots for men to be able to take, but when it comes to women—and I don't mean to say this in a bragging way at all—but unfortunately I'm the only female this year who spent three weeks at number one on the country charts."

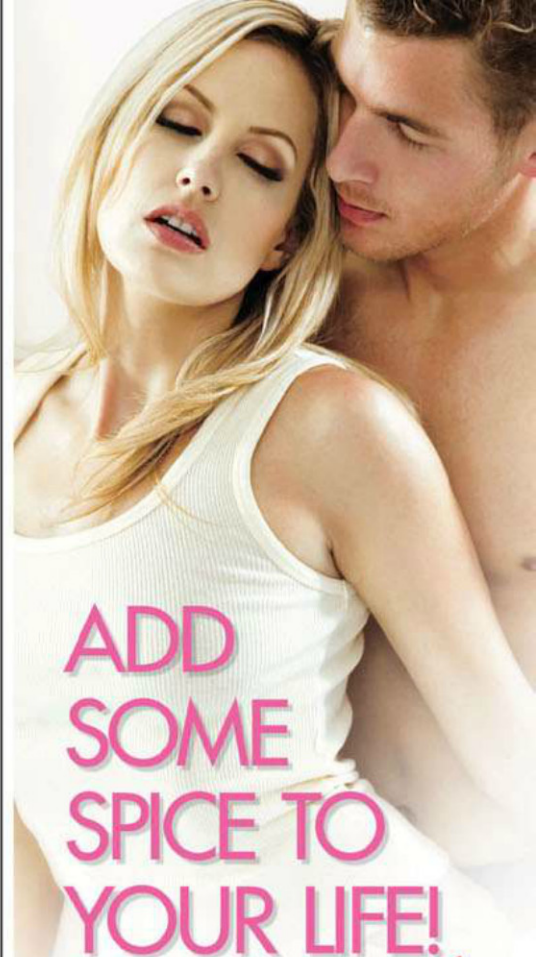
"Three weeks!" she repeats for emphasis. "And that's two different songs—'Good Girl' and 'Blown Away'—that it took to make those three weeks. I think that for some reason there seem to be less spots available for women." Moreover, she adds, "It's been that way for sooooo long."

She throws a backpack over her shoulder. In those sweatpants, her long hair sweeping the back of her sweatshirt, she looks like the Oklahoma college girl she once was. And in fact her own clothes seem to exert an influence on her. Someone mentions dinner at Chili's. There are audible groans.

That's when the old Carrie makes a last appearance for the day. "Chili's," she says, "is awesome!" ♦

READERS' CHOICE RULES

1. NO PURCHASE NECESSARY.
2. How to enter: Sweepstakes begins January 15, 2013, at 12:00 noon EST, and ends at 11:59 A.M. EST on February 28, 2013. Mail-in entries must be postmarked by February 28, 2013, and received by March 8, 2013. To enter, fill out the questionnaire and print your name, full address, phone number, and email address. You do not need to complete the full questionnaire to be eligible. Entries may be submitted by mail or Internet. By mail: Send to *Allure* Readers' Choice Ballot, Attn: Timothy Kelsay, 1166 Sixth Ave., 14th Floor, New York, NY 10036. By Internet: Log on to allure.com/go/readers-choice, complete the online entry form, and submit it as instructed. One entry per person/per email address/per household/per envelope. Mechanically reproduced entries are not eligible. Entries that are lost, late, damaged, illegible, incomplete, postage-due, misdirected, incorrect, garbled, or incompletely received, for any reason, including by reason of hardware, software, browser, or network failure, malfunction, congestion, or incompatibility at Sponsor's servers or elsewhere, will not be eligible. Sponsor, in its sole discretion, reserves the right to disqualify any person tampering with the entry process or the operation of the website. Use of bots or other automated process to enter is prohibited and may result in disqualification at the sole discretion of Sponsor. Sponsor further reserves the right to cancel, terminate, or modify any promotion not capable of completion as planned, including by reason of infection by computer virus, bugs, tampering, unauthorized intervention, force majeure, or technical failures of any sort. In such event, Sponsor will select a winner from entries received to date. In the event of a dispute, entries will be deemed submitted by the authorized account holder of the email address submitted at the time of entry. "Authorized account holder" is defined as the natural person who is assigned to an email address by an Internet Access Provider, online service provider, or other organization (e.g. business, educational institute) that is responsible for assigning email addresses for the domain associated with the submitted email address.
3. One (1) potential Grand Prize winner, one (1) potential First Prize winner, one (1) potential Second Prize winner, and one (1) potential Third Prize winner will be chosen in a random drawing from all entries on or about March 15, 2013, and will be notified by phone, email, or mail. If a potential winner (i) cannot be contacted; (ii) does not respond within five (5) days from the date the Sponsor first tries to notify him/her; (iii) fails to return the Affidavit and Release; (iv) refuses the prize; or (v) the prize or prize notification is returned as undeliverable, such potential winner forfeits all rights to win the Promotion or receive the prize, and an alternate potential winner may be selected. Upon contacting a potential winner and determining that he/she has met all eligibility requirements of the Promotion, including without limitation the execution of required waivers, publicity and liability releases and disclaimers, and, at Sponsor's discretion, successful completion of a background check, such individual will be declared the "winner" of the Promotion. All decisions of the judges are final and binding in all respects. The Grand Prize is round-trip coach airfare for two (2) from the major commercial airport nearest the winner's primary residence in the U.S. to Austin-Bergstrom International Airport (not to exceed \$1,000 total); one (1) premier hotel room, double occupancy, for a three (3) night midweek stay (Sunday through Thursday, based on availability) at the Lake Austin Spa and Resort; shuttle transportation to and from resort and airport; two (2) \$350 spa and fitness allowances; three (3) daily meals per guest, at the resort; access to facilities, classes, and activities, as determined by Sponsor. The total approximate retail value of the Grand Prize package is \$7,030.58, depending on the exact itinerary. Actual value may vary based on fluctuations in price for various factors, including fluctuations in price for airfare and/or accommodations, and distance between the point of departure and the destination. Other ground transportation, meals not at the resort, and other personal charges at the lodging (e.g., minibar, movies), telephone calls, gratuities, incidentals, and all other expenses not included. Winner and travel companion must be available to travel on the same itinerary, as selected by Sponsor. Trip must be booked 60 days in advance and must be completed by March 31, 2014. If, in the sole judgment of Sponsor, air travel is not required due to winner's proximity to prize location, ground transportation may be substituted for round-trip air travel. Unless child of the winner, travel companion must be 18 years of age or older as of date of departure.
4. The First Prize is a \$325 gift card to beautybar.com (may be subject to certain restrictions), plus a yearlong subscription to *Sample Society* worth \$180, valid through March 15, 2014.
5. The Second Prize is a \$500 shopping spree for clothes, accessories, and more at Express (may be subject to certain restrictions), valid through March 15, 2014.
6. The Third Prize is an assortment of Neutrogena skin- and hair-care products and makeup, chosen by the Sponsor. The approximate retail value of the Third Prize is \$300.
7. Income and other taxes, if any, are the sole responsibility of the winners. No substitutions for the prizes, except by Sponsor, in which case a prize of equal or greater value will be substituted. Prizes are nontransferable.
8. Sweepstakes open to legal residents of the 50 United States and the District of Columbia who are 18 years of age or older as of the date of entry, except for employees of Sponsor, the Strategy Group, and their immediate families and those living in the same household. Subject to all federal, state, and local laws and regulations. Void outside of the 50 United States and the District of Columbia, and where otherwise prohibited. Sponsor is not responsible for errors in the administration or fulfillment of this sweepstakes, including, without limitation, mechanical, human, printing, distribution, or production errors, and may modify or cancel this promotion based upon such error at its sole discretion without liability. Odds of winning depend on the number of entries received. By providing your email address you grant the Sponsor the right to send you commercial messages and share your address with others, unless specified otherwise as indicated on the entry form.
9. All entries become the property of Sponsor and will not be acknowledged or returned. Except where prohibited, (i) acceptance of prize constitutes consent to use the winners' names and likenesses for editorial, advertising, and publicity purposes without further compensation; (ii) potential winners may be required to sign an affidavit of eligibility (including Social Security number) and liability/publicity release; and (iii) potential Grand Prize winner (and travel companion) may be required to execute release of Sponsor from any and all liability with respect to participation in the sweepstakes and/or use of the prize. Affidavits and releases must be returned within five (5) days of attempted notification or an alternate winner may be chosen. Sponsor may conduct a background check to confirm any potential winner's eligibility and compliance with these rules. By entering, you agree to cooperate reasonably with any such background check. If the prize includes participation in any public event(s) or publicity, or if Sponsor intends to publicize the winner in any way, and if a background check reveals that a potential winner has engaged in conduct that could damage the reputation or business of any Sponsor, as determined by Sponsor in its discretion, the potential winner may be disqualified and the prize may be awarded to an alternate winner.
10. Participants agree to be bound by the above rules and regulations. Any violations of these rules may result in disqualification.
11. For the names of the winners, send a self-addressed, stamped envelope to *Allure* 2013 Readers' Choice Sweepstakes Winners, 4 Times Square, New York, NY 10036, after March 15, 2013, but before September 15, 2013. The sweepstakes is sponsored by Condé Nast, 4 Times Square, New York, NY 10036.



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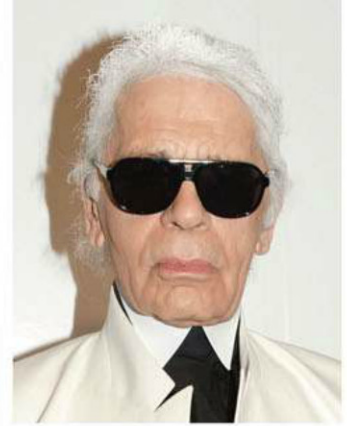
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KARL LAGERFELD
"I don't talk to strangers, and I
only take private planes.
So it cannot happen to me."



KRISTEN WIIG
"Yes, I do, and I talk to myself
on planes."

Do you talk to people on planes?

By Jeffrey Slonim

With your seat belt securely fastened, it can be hard to avoid being—or having—a captive audience. We asked stars at the Emmys, Target's fiftieth-anniversary party, and a Cinema Society screening of *Seven Psychopaths* whether they chat in flight. "All the time," said **Anthony Mackie**. "People divulge every ridiculous thing they think." **Minka Kelly** also flies friendly skies: "You can learn really interesting things by talking to people on planes." "Oh, hell yes," said singer **David Crosby**, who has hit the seatmate jackpot twice: "The last person I sat next to was Louis C.K.; the one before that was [director] Kathryn Bigelow." When designer **Derek Lam** is next to someone famous, he waits until landing to introduce himself, but sometimes he misses his chance: "It was Jake Gyllenhaal, and I was too intimidated to say anything." And **Kevin Costner** makes nice as a form of insurance: "You never know if you're going to need their help."

Photographed by Patrick McMullan



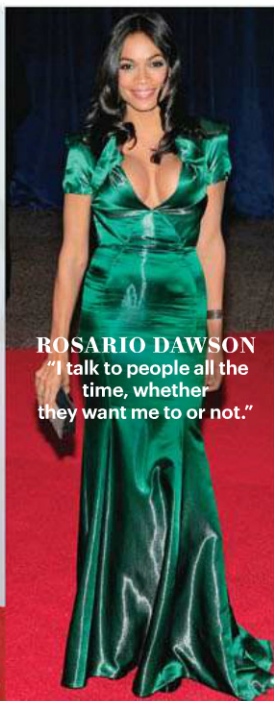
ARI GRAYNOR
"I usually don't, but one time I sat
next to Robert De Niro, and we
talked the whole plane ride, for six
hours—really deep talking."



BLAKE LIVELY
"Of course. I was
dying to learn
French and heard
about an amazing
academy. I met an
old man on a
plane who knew
somebody who
went there. It was
serendipitous."



**JESSICA
PARÉ**
"I try to do it
toward the end
of the flight in
case it doesn't
go well."



ROSARIO DAWSON
"I talk to people all the
time, whether
they want me to or not."



**TAYLOR
SCHILLING**
"I'm a big talker. I love
to know what
they're reading."



ABIGAIL BRESLIN
"I used to be very talkative
as a child on planes, but now
I try not to disturb."



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